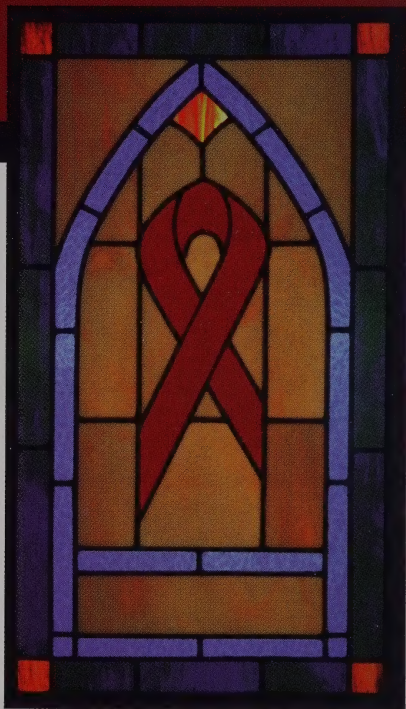


Healthy Living

Pocket Guide
Second Edition

National HIV Hotline



(800) 342-AIDS

About the Company

Cothran Publications, Inc. is a nationally recognized publishing firm founded in 1994. The company is dedicated to enhancing the quality of life for People of African Descent. Cothran Publications, Inc. works closely with companies, universities, organizations, and individuals whose mission is to prevent the spread of HIV/AIDS and to promote awareness about other life-threatening illnesses. To that end, we proudly introduce the Second Edition of the Healthy Living Pocket Guide.

Cothran Publications, Inc. provides bulk copies of the Healthy Living Pocket Guide FREE to Black churches, organizations serving African Americans, universities and conferences targeting African Americans.

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Charlene E. Cothran,
Founder/President

Disclaimer

The information contained in the Healthy Living Pocket Guide is not meant for diagnosis of an illness nor is this information meant to replace the expert advice of your doctor or therapist. If you are experiencing symptoms due to an illness, please refer immediately to your primary care physician or therapist.

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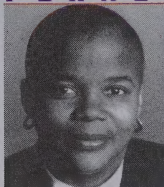
Emory University, Rollins School of Public Health Atlanta, Georgia

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Letter from

P E R N E S S A S E E L E



Congratulations on the second edition of The Healthy Living Pocket Guide.

This is an invaluable resource for Black Americans whose lives are touched by HIV/AIDS and other life-threatening illnesses, either personally or through a colleague or loved one.

For the past ten years, The Balm In Gilead has worked nationally to mobilize Black churches to become community centers for AIDS education and compassion.

The Balm's efforts also encompass secular and government agencies that wish to engage Black churches in AIDS work. One of the most frequent requests we receive is to identify culturally competent HIV/AIDS resources available for Black people. The Healthy Living Pocket Guide speaks directly to that need.

There is no doubt that we have far to go to stop the spread of HIV/AIDS and to ensure that people infected and affected receive vital information and support. Making sure that effective publications such as the Pocket Guide reach those in need is an important step toward our goal. Please keep up the excellent work being done by Cothran Publications, Inc.

Yours in the Consciousness of Healing,

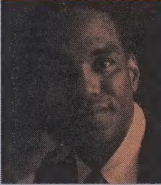
Pernessa C. Seele

Founder/CEO

The Balm In Gilead

New York City, NY

PHILL WILSON



I can do the impossible. I can see the invisible because I've got faith.—Kirk Franklin-Gods Property.

Welcome to the 2nd edition of the Healthy Living Pocket Guide. As a person who has lived with HIV for nearly 20 years and with AIDS for nearly a decade, I understand the importance of having accessible, relevant, accurate HIV/AIDS information. I am a living testament to the power of quality treatment education and care.

As the son of a woman with diabetes, the colleague of someone with sickle cell, the best friend of someone who died of breast cancer, I am acutely aware of the health burdens African Americans carry.

The disparities in health outcome between African Americans and other ethnic groups is well documented. We are disproportionately impacted by many diseases, HIV/AIDS being only one of them. We access care later and die earlier.

Distributing quality health information and helping our brothers and sisters make healthy choices must be a collective priority if we are to have any hope of surviving, let alone thriving into the next Millennium.

That is why the Healthy Living Pocket Guide is so vital. It provides vital health and treatment information for African Americans. It is a handy service delivery resource guide, and it presents the straight dope on a number of diseases in an accessible format.

I'm a person of faith. I believe we can close the health disparity gap. Publications like The Healthy Living Pocket Guide confirms my faith. In the words of Calvin Rolark, the founder of the Black Fund in Washington, D.C., "Nobody can save us from us; but, us!" The Healthy Living Pocket Guide is written for Black folks, by Black folks. It is an indispensable resource for Black churches, colleges and schools, civil rights organizations and anywhere else we might gather.

Enjoy and take care of yourself and your blessings.

Yours in the struggle,

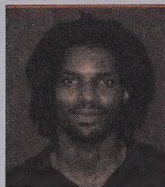
Phill Wilson

Executive Director,

African American AIDS Policy and Training Institute

Letter from

LEROY WHITFIELD



Disconnected. That's the only way I can describe how I felt when I was diagnosed with HIV 10 years ago. Disconnected like a phone with a bill unpaid; like the night the lights went out in Georgia. At 20 years old, I became disconnected from life awaiting a sweet chariot that has yet come forth to carry me home.

Lacking resources and support, I spent the next 6 years of my life in a state of emotional paralysis. I wasn't brave enough to seek the support of my closest kin or ask anyone where to help me find scarcely available resources. My fear and suffering led me to drop out of school, work jobs half-heartedly, and all but give up on life.

That's why I find the Healthy Living Pocket Guide invaluable. In all of my years of living with the virus, I've never found a resource that packs so much useful information into a concise guide. And the Healthy Living Pocket Guide doesn't just stop at AIDS prevention and treatment resources. Need a primer on women's health issues? The Healthy Living Pocket Guide has got it covered by providing addresses, numbers and contacts in your neck of the 'hood.

Skimming the grimmest statistics—blacks account for nearly 50 percent of the AIDS cases; one in every 50 black males is infected with HIV, black women get infected at rates 20 times greater than white women—it's easy to forget that each number represents a life. Like the life of a Chicago kid barely 20 years old who is diagnosed with HIV and suddenly feels he has no reason to live. If hindsight is indeed 20/20 vision, the Healthy Living Pocket Guide would have saved me a lot of grief 10 years ago.

As sad as some think my story is, mine is just one on a heap. It's not the first and it certainly isn't the last. From the time you began reading this article until now several people (11 every minute worldwide) became infected with HIV and several African Americans aged 17, 65, 40, 24 are being diagnosed by a doctor. Like me, many of them will need direction.

LeRoy Whitfield

AIDS Activist, Freelance writer
Chicago, IL

STEPHEN B. THOMAS PH.D., FAAHB



For far too many African Americans, the legacy of the Tuskegee Syphilis Study (1932-1972) casts a shadow over biomedical research, medicine, and public health practice. It is used as reason not to take advantage of early treatment for preventable diseases and not to participate in clinical research. The under representation of blacks as blood donors, their reluctance to sign organ donor cards, their fear of being tested for AIDS, and their hesitancy to have their children immunized threatens the health and well being of us all.

The 2nd edition of the Healthy Living Pocket Guide is hands-on information that we can use to find out more about important health issues that affect our families and friends. Here, in one place, you can get the telephone numbers, addresses (including E-mail) and even webs sites of agencies around the country that deal with health problems affecting the African American community.

Information is power. I support the efforts of Cothran Publications Inc. to disseminate health information to the African American community. The free Healthy Living Pocket Guide is proof that we are already empowered to make public health information accessible to our communities. It is now our responsibility to use this information and pass it on. It is now our responsibility to take action and educate ourselves. Only through our collective efforts, can we get on the road to controlling our health destiny.

Dr. Stephen B. Thomas

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Emory University
Atlanta, Georgia
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It doesn't **LOOK GOOD**

Black Americans continue to be over represented in HIV and AIDS case data.

- Did you know that African Americans are 13 percent of the US population, yet we account for nearly 50 percent of AIDS cases?
- By the year 2005, the figure may rise to 60 percent.
- One in 50 Black **men** is HIV-positive.
- One in 160 Black **women** is positive.
- AIDS is the number one cause of death for Black men and women aged 25 to 44, before heart disease, cancer and homicide.
- African American women made up 60 percent of female AIDS cases 1997.
- More African American **children** are infected with HIV than children of all other races combined.
- Black **senior citizens** represent more than 50 percent of HIV cases among persons over age 55.
- Injection drug abuse is the cause of most HIV cases among Black Americans. This is due to personal drug use or to sex with a present or former drug user.
- In 1998, a **STATE OF EMERGENCY** was called by the Congressional Black Caucus due to AIDS among Black people.

Fear of GETTING TESTED

I don't WANT to know. What good will getting tested do me?

All African Americans should get tested. Receiving a NEGATIVE test result may help you take precautions and avoid risky behavior, yet research shows that some people who test negative show no change in their behavior or show an increase in risky behavior. If you test positive, there is a new class of drugs called protease inhibitors which make it possible for HIV/AIDS to be a chronic, treatable condition — like diabetes.

But I'm afraid of needles! Doesn't it hurt to get tested?

No. Your doctor can order one of two new tests. One uses a toothbrush-shaped probe that is inserted into the patient's mouth to absorb oral-mucosal transudate (more than saliva) from the cheek and gum. Another uses a urine sample which is sent to a lab.

I don't want my name on some 'list'. I'm afraid that my family, a co-worker or my insurance company will find out about my status. What can I do to keep my test results CONFIDENTIAL?

Home collection kits are available over the counter at drug stores or via mail order. Like the traditional tests, home tests use blood, although patients prick their own finger and blot a piece of paper. The sample is then mailed to a lab and results are given over the phone several days later.

You can **help** distribute
the Healthy Living Pocket
Guide in your church or orga-
nization. This guide can
teach many how to
detect illness early. It may
even save the **life** of
someone you love. call

1.800.642.7535

to order your free copies.

A Cothran Publication

New Treatments **for HIV**

You may have heard about new drugs that fight HIV, including drugs called **protease inhibitors**. If you have questions about **how** they work, **what** they can do, and if you or a loved one should take them, this Pocket Guide can help.

New Treatments for HIV

Why do I need to know about the new drugs?

Things have changed in the last few years in the way that doctors treat HIV. There are new drugs that can improve the health of people with HIV. And there are new lab tests that give a better picture of what HIV is actually doing in your body.

This means that now, more than ever, you need to work with your doctor to make decisions about your health. Learning about the new treatments and the new lab tests can help you decide if you should start taking the new drugs, and how to take them.

Whether you have just found out that you have HIV, or have known for a while, you should learn about these new treatments. These drugs are not a cure for AIDS, but they could improve your health and even help you live longer.

What is "Combination Therapy" ?

Combination therapy means taking two or more drugs to fight HIV, instead of just one. Up until a few years ago, most people with HIV took just one drug to fight the virus, such as AZT or ddI. This lowered the amount of HIV in the blood by about 70 percent. But when these drugs are combined with newer drugs, the amount of HIV can drop by more than 99 percent. Combination therapy has helped many people with AIDS live longer and healthier lives.

What is a "Viral Load" test ?

A viral load test is a new blood test that measures the amount of HIV that is in your bloodstream. People who have less virus in their blood tend to be healthier and live longer than people who have higher levels of HIV. In some people, combination therapy reduces the amount of virus in the blood so much that a viral load test cannot detect HIV in the bloodstream. This is known as having an undetectable viral load. This does not mean that the virus is gone from the body. It means that there is so little of it in the blood that

New Treatments for HIV

a viral load test can't find it.

When the amount of HIV in the blood is undetectable, the virus is not copying itself as much. Because there is so little HIV in the blood, it is harder for the virus to change, or mutate. This means HIV will have a harder time becoming resistant to the drugs, and they will work longer. The longer the drugs work, the less damage HIV can do to your immune system, (your body's defense against diseases). Even if you have an undetectable viral load, HIV may still hide in other parts of your body, like the lymph nodes, and may still be present in semen or vaginal fluids. This means that a person with an undetectable viral load could still transmit HIV to others.

What is a "CD4 Count" ?

Another important lab test is called a CD4 count or T4 count. This test shows how much damage HIV has done to your immune system. By looking at both your CD4 count and your viral load, you and your doctor can get a good idea of what HIV is doing to your immune system.

It's also important to watch how your blood tests change over time. If your CD4 count is high and stays the same over time, or your viral load is low and doesn't change much, you might decide to wait to start treatment. But if your CD4 count is lower each time you check or your viral load count is higher each time, that may mean that it's time to start or change your treatment. Don't panic because of just one lab test. Check it again, and talk to your doctor about what it means.

When should I start "Combination Therapy"?

For some people, the time to start one of the new combinations is clear. If you have symptoms of HIV, most experts agree that it is time to start taking anti-HIV drugs.

If you don't have symptoms of HIV, and you have a CD4 count

New Treatments for HIV

above 500 and a viral load below 10,000 copies, the benefits of combination therapy are not as clear, and you might choose to wait.

If you have no symptoms of HIV and your CD4 count is between 200 and 500, and your viral load is below 30,000 copies, we don't know if you will live longer if you take anti-HIV drugs. But these drugs may keep you from getting sick. Ask your doctor about all the risks and benefits of the new drugs, before you decide when to start treatment.

Reasons to start treatment early:

HIV has done less damage to the immune system, and it may be more likely to be repaired. There are fewer strains, (or types) of HIV in the body, so the virus will have a harder time becoming resistant to the drugs. People who start treatment when they're healthier have fewer side effects and take longer to become resistant. People who aren't taking many other medications don't have to worry about the risk of combining HIV treatments with other drugs.

Reasons to wait to start treatment:

It is still not known if people who start the new drugs early in HIV disease will live longer than people who wait. HIV may become resistant to the drugs, and then they won't work as well later. The treatments may cause side effects and make a person feel worse. Also, there may be long-term side effects that aren't known yet.

How do I know when to change drugs?

If you try a drug combination and your viral load does not drop in a couple of months, then that combination is probably not working for you. Talk to your doctor about trying a different combination. If your viral load triples after being on a drug combination for a while, talk to your doctor about changing the drugs you are taking.

New Treatments for HIV

What if I've already taken drugs that fight HIV?

If you have already taken anti-HIV drugs for a long period of time, you may want to ask your doctor about new drugs. If you and your doctor decide it is time to change your HIV treatment, you should change at least two of the drugs you have been taking. This will give the new drugs the best chance of fighting HIV, and will make it harder for the virus to become resistant.

WARNINGS!

According to the Food and Drug Administration (FDA) protease inhibitors may contribute to increases in blood sugar and even diabetes. African-Americans have a higher incidence of diabetes and hyperglycemia as well as family histories. You should talk to your doctor about closely monitoring your glucose levels. The FDA continues to believe the benefits of these drugs to people with HIV outweigh the risks of taking these drugs. Some warning sign of hyperglycemia and diabetes include: increase thirst and hunger, increased urination, unexplained weight loss, fatigue (sore muscles) and dry, itchy skin.

There is not much known about the effects of these new treatments during pregnancy. Pregnant women should talk to their doctors about these drugs. Protease inhibitors react with TB (tuberculosis) drugs (especially rifampin). People with HIV and TB should carefully discuss their treatment choices with their doctors. Some of the drugs described in this booklet are still being studied in children. Only a doctor who specializes in treating children with HIV should prescribe these drugs.

New Treatments for HIV

Should I participate in clinical trials?

As always, more research is needed in the fight against HIV/ AIDS. Individuals are encouraged to participate in research only when they have been fully informed of all potential risks or harm and all potential benefits. The research team or doctor will explain the study. You are given time to THINK about participation and discuss your decision with family and friends. There is a chance to come back and ask questions before signing up to be in the research.

What types of drugs are available?

There are three types or 'classes' of drugs that fight HIV. Each drug in a class works in the same way, but each one has different side effects and different benefits.

Nucleoside Analogs

ddl (Videx)

d4T (Zerit)

1592 (Abacavir)

AZT (Retrovir)

ddC (Hivid)

3TC (Epivir)

(AZT/3TC) Combivir

This was the first type of drug used to fight HIV. These drugs work to prevent the first step that HIV takes when copying itself.

Protease Inhibitors

ritonavir (Norvir)

nelfinavir (Viracept)

saquinavir (Fortovase, Invirase)

indinavir (Crixivan)

amprenavir (Agenerase)

These drugs work at a different point in the life cycle of HIV. They block, or inhibit, an enzyme called protease that HIV uses in the final step of copying itself.

NNRTI's

Non-nucleoside reverse transcriptase inhibitors

nevirapine (Viramune)

delavirdine (Rescriptor)

These drugs also work to prevent the first step HIV takes when copying itself.

Is it important to take every dose on time?

Yes!! The new drug combinations are powerful, but they must be taken properly, or HIV can become resistant to them. If you decide to take a combination that includes a protease inhibitor, you must be sure that you are ready to take every dose and to follow all meal restrictions.

Some people make a calendar to help them remember when to take their pills, or make dose packs that contain all the pills they take at one time. Using a pill box or watch with an alarm can help, or having a buddy call you can also help, especially when you are just starting a new drug.

Some people with HIV produce billions of virus particles every day. Even a small amount of HIV can mutate and quickly become resistant to treatment. So, missing or delaying just a few doses can lead to resistance.

If you become resistant to one protease inhibitor, you may be resistant to other protease inhibitors, even if you've ever taken them. That's why it's so important to take your drugs exactly as you're told. If you have any questions about how to take your medications, ask your doctor or pharmacist to explain it more clearly to you.

Sometimes, combination therapy stops working even for people who have taken their drugs on time and who have never missed a dose. If that happens, work with your doctor to pick a new combination of drugs.

New Treatment for HIV

The Best "Combination Therapy"

Staying healthy with HIV isn't just about taking pills. While new treatments can have a dramatic effect on your health, we now know that diet, vitamins, exercise and rest all play important roles in keeping the immune system healthy. Reducing stress, alcohol, smoking and recreational drug use will also help the body to fight HIV. The best "combination therapy" is one that combines the latest advances in treatment with a healthy lifestyle and positive attitude.

To Learn More...

You can talk to your doctor or pharmacist to learn more about all the new treatments. More new treatments for HIV are now being studied and may be approved in the near future.

CDC Treatment Hotline (800) 448-0440

The Network (800) 734-7104 (AIDS Treatment Data Network)

National Association of People with AIDS, NAPWA—

(202) 898-0414. Ask for publication—"Do You Know

Your Options?"

THE A, B, C'S OF Hepatitis

Hepatitis is a disease that affects the liver. The liver helps clean the body of substances like drugs and toxins (poisons). Hepatitis can be caused by different factors, including viruses and toxins. Here we talk about hepatitis A, B and C.

Hepatitis is usually called acute (short-term) or chronic (long-term). Acute hepatitis is the first stage of the illness. Hepatitis B and C can become chronic. Chronic hepatitis can last for many years and can result in permanent liver damage.

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What is **Hepatitis?**

HEPATITIS A

What causes hepatitis A?

Hepatitis A, also called infectious hepatitis, is caused by a virus called hepatitis A virus or HAV. Hepatitis A is the most common of the three. This virus usually infects a person through oral contact with contaminated food or water. HAV can also be passed from person to person when changing an infected baby's diapers or during oral/anal sex. Household contact with an infected person (such as sharing spoons, forks or knives) may also transmit HAV.

What are the symptoms of Hepatitis A?

The first symptoms include fever, pain in the stomach, nausea and fatigue (feeling tired). These symptoms usually develop quickly, within 10 - 50 days. Some people with HIV, especially young children, do not develop symptoms, but can pass the virus on to others.

Does Hepatitis A become chronic?

No. Hepatitis A usually cures itself within 6 - 12 months. People who have been exposed to HAV and have developed antibodies against the virus, and people who have already had hepatitis A, cannot develop the disease again.

How can I avoid being exposed to HAV?

The first way is to practice good hygiene. Always wash your hands after using the toilet and before preparing food, and be careful when traveling not to consume possibly contaminated food and water.

Can HAV be prevented with a vaccine?

Yes! The vaccine is safe for adults and children, and involves one injection followed by a booster (second shot) 6 to 18 months later. Protection lasts at least 4 years. The vaccine is recommended for all men who have sex with men, international travelers, injection

What is Hepatitis?

drug users, people in the military, day care center workers, and children living in areas with high rates of HAV.

The HAV vaccine is also recommended for all HIV positive people who have never had hepatitis A.

What treatments are available for hepatitis A?

There is no effective treatment for hepatitis A. If a person has been exposed to HAV, an injection of antibodies can help prevent the disease from developing, or reduce the length or severity of the disease. This treatment is called post-exposure prevention. It should be given within 2 weeks after a person has been exposed to the virus.

HEPATITIS B

How is hepatitis B transmitted?

The hepatitis B virus (HBV) causes hepatitis B and can be transmitted through blood and other body fluids like semen, vaginal fluid, breast milk, saliva, and urine. It can also be transmitted by sharing needles with an infected person or through the use of unsterilized needles for tattoos or body piercing. Sharing toothbrushes or razors, having unprotected sex with an infected person, can also transmit the virus. Mothers can pass it to their babies late in pregnancy or during birth.

What are the symptoms of hepatitis B?

The first symptoms of hepatitis B include fever, stomach cramps, nausea, vomiting, loss of appetite and muscle aches. These symptoms can develop as early as 40 days after infection or as late as 180 days after infection. Some people never develop hepatitis B symptoms. Others people develop chronic hepatitis B which may lead to permanent liver damage called cirrhosis, or from liver cancer. Hepatitis B is life-threatening.

What is **Hepatitis?**

How can I prevent being exposed to hepatitis B?

It is important not to share needles, cocaine straws, crack pipes, or personal items like toothbrushes and razors. Also, only use sterilized needles for tattoos, body piercing, and acupuncture. Since HBV can be transmitted by unsafe sex, it is important to use condoms and dental dams.

Is there a vaccine for hepatitis B?

Yes! The HBV vaccine is safe and highly effective. The vaccine is given in 3 injections. This vaccine is recommended by doctors as a standard part of childhood vaccinations. It is recommended for teenagers not vaccinated as children, HIV positive people, health care workers, men who have sex with men, and injection drug users. Post-exposure prevention using antibodies can help prevent a person from developing hepatitis B disease. The first of 3 vaccine injections should be given no later than 72 hours after the person is first exposed to HBV.

Is there an effective treatment for hepatitis B?

The only approved treatment for hepatitis B is interferon alfa. Interferon alfa is a drug that reduces virus reproduction in the body and stimulates the immune system. It is effective in about half of all hepatitis B cases.

HEPATITIS C

How is hepatitis C transmitted?

Hepatitis C is caused by a virus called HCV and is usually transmitted through blood and body fluids. People get infected in many of the same ways as HBV (sharing needles, etc.). Sexual transmission of HCV is not common. Hepatitis C is common among injection drug users, and hemophiliacs who received contaminated blood products. An accurate test to detect HCV in donated blood became available in the USA in 1992. Anyone who received a blood product transfusion before 1992 should be tested for HCV.

What is Hepatitis?

What are the symptoms of hepatitis C?

The first symptoms include a flu-like illness that usually develops 1 to 3 months after infection. Many people develop mild symptoms, and some people have no symptoms at all. The symptoms of hepatitis C are usually less severe than the symptoms of hepatitis B or A, but hepatitis C disease can be more serious. Almost 85% of people infected with HCV develop chronic hepatitis C, causing permanent liver damage, liver cancer or death.

How can I prevent hepatitis C?

There is NO vaccine available to prevent hepatitis C. To prevent HCV exposure or infection, it is important to not share needles, cocaine straws, crack pipes, or personal items like toothbrushes and razors. It is also important to use sterilized needles for tattoos, body piercing, and acupuncture. Interferon alfa is the only approved treatment for hepatitis C.

Relapses of the disease after treatment are common. Some experimental drugs are being tested.

Toxic and Drug-Induced HEPATITIS

Many drugs, including anti-HIV drugs, anti-tuberculosis drugs, sulfa drugs, and pain relievers with acetaminophen (such as Tylenol) strain the liver. Excessive levels of natural or artificial hormones like testosterone can damage the liver and cause drug induced hepatitis. Some herbs, poisonous mushrooms and industrial products can also cause toxic hepatitis. Heavy, short-term use of alcohol can cause cirrhosis of the liver and death. In some cases, if the toxic substance is discontinued, the liver will recover. In other cases, the damage is permanent.

To Learn more...

The Hepatitis B Foundation (800) 891-8186

Recognizing **Depression**

Depression is a mood disorder caused by a chemical imbalance in the brain as a result of a life event or physiological change. It is a "whole-body" illness, involving your body, mood, and thoughts. It affects the way you eat and sleep, the way you feel about yourself, and the way you think about things. A depressive disorder is not a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away.

Recognizing Depression

People with a depressive illness cannot merely "pull themselves together" and get better. Without treatment, symptoms can last for weeks, months, or years. Appropriate treatment, however, can help over 80% of those who suffer from depression.

Is it important for me to become aware of my own levels of depression?

Yes! Becoming aware of the warning signs can keep you healthy and in control of your life. Here are a few awareness alert tips:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that you once enjoyed
- Decrease in sex drive
- Insomnia, early-morning awakening, or oversleeping.
- Appetite and/or weight loss or overeating and weight gain
- Decreased energy, fatigue, being "slowed down"
- Thoughts of death or suicide, suicide attempts
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain
- Difficulty in making decisions, concentrating and/or slowness in thinking.

If you are experiencing 2 or more of these symptoms, chances are you may be experiencing some level of clinical depression. Your local mental health care provider can help!!

Recognizing Depression

What is meant by 'manic depression'?

A 'MANIC DEPRESSIVE' PERSON MAY EXPERIENCE SEVERAL OF THE FOLLOWING SYMPTOMS:

- Inappropriate elation or joy
- Inappropriate irritability
- Severe insomnia
- Notions of being 'grand'
- Increased talking
- Disconnected and racing thoughts
- Increased sexual desire
- Markedly increased energy
- Poor judgment
- Inappropriate social behavior



Is depression a normal part of bereavement?

Yes. Depression is a normal reaction to the death of a loved one.

How can I tell when someone who is grieving needs professional help?

Feelings of depression and associated symptoms such as poor appetite, weight loss, and insomnia are common during bereavement, however, morbid preoccupation with worthlessness, prolonged inability to function, and a noticeable inability to process thoughts normally are uncommon and suggest that the bereavement is complicated by the development of a major depression.

How long should "normal" bereavement last?

The duration of "normal" bereavement varies considerably among Black cultural groups. That's why it is important to offer ongoing support to a person in bereavement. Encourage them to get help if you suspect they are headed for major depression.

What is Post Partum Depression?

Post partum depression is moderate to strong feelings of moodiness and "blues" after having a baby that lasts more than a few days.

Is post partum depression harmful for a mother?

Post partum depression can be extremely serious for both mother and baby. Help should be immediately sought from a therapist or mental health care professional.

How do I find a good therapist that I'll like?

Getting help from a therapist can be beneficial in the healing process. There are numerous kinds of therapy to choose from depending on what feels right for you.

AS A CONSUMER OF MENTAL HEALTH SERVICES CONSIDER THE FOLLOWING TIPS:

- Ask for referrals from those you trust or from a counseling referral agency not connected with any institution or facility.
- Feel free to inquire about fees, location and why that provider is recommended.
- On your first visit, pay attention to your own level of comfort with your therapist.
- If you feel uncomfortable or dissatisfied with the outcome of your initial visit, then keep asking for referrals.
- Do not hesitate to approach your therapist either initially or later about payment arrangements or a sliding

Recognizing Depression

scale fee.

- Understand that confidentiality is a very integral part of the therapeutic process. You should feel sure that what you discuss with your therapist will remain in the office.
- Understand that the issue of dual relationships is very important to the issue of trust. It is best if your therapist remains as an objective, unmeshed figure in your life. It is difficult to make progress in therapy if you also do your therapist's hair or otherwise give your therapist your direct services.

How do I know if my therapist is ethical and doing a good job?

Many of us are just beginning the journey to ourselves. If we are detoured from the correct path, some of us never complete it, therefore, it is important to seriously consider who we choose as a healer. Below are a list of warning signs of improper behavior by your therapist and the reasons why these behaviors are unprofessional.

- You cancel an appointment and your therapist invites themselves to your home or place of business to 'check up on you.'

If you are not a client in crisis, the appropriate behavior for the therapist would be to call you to reschedule the appointment.

- Your therapist has gone with you for a casual lunch or dinner more than twice while you were in treatment.
It is NOT professional practice to 'socialize' with a client.

Recognizing Depression

- You run into your therapist in public and the therapist introduces you as 'a client.'

This compromises not only the client's confidentiality but also sets up potentially harmful dual relationships.

- During your session your therapist gives you caressing touches or a tight constricting full body hug.

Your therapist should utilize other means of comfort such as giving you a large pillow, tissue, stuffed animal or manipulative objects such as rocks, crystals or shells.)

Don't forget! Ask questions, get referrals and listen to your gut reaction!

To Learn More...

Contact the Mental Health Information Center **(800) 969-NMHA** or the Black Mental Health Alliance **(888) 729-BMHA**.

Recognizing Abuse

What do we mean by alcohol abuse?

Alcohol abuse, substance abuse and sexual addiction are destructive patterns leading to significant social, occupational, or medical impairment.

Addiction

I drink but how can I tell if I have a serious problem with alcohol?

If you have three or more of the following symptoms, you definitely have a problem and should seek help from your doctor and find support for yourself:

Alcohol tolerance:

You need significantly increased amounts of alcohol to achieve intoxication, or you notice a significantly diminished effect with continued use of the same amount of alcohol.

Alcohol withdrawal symptoms:

Two (or more) of the following, developing within several hours to a few days of reduction in heavy or prolonged alcohol use:

- sweating or rapid pulse
- increased hand tremor
- insomnia (can't sleep)
- nausea or vomiting
- physical agitation
- anxiety
- hallucinations or illusions
- seizures
- You drink alcohol to relieve or avoid withdrawal symptoms.
- You are unsuccessful in your efforts to cut down or control alcohol use.
- You spend a great deal of time recovering from hangovers.
- You reduce or give up on attending important social, occupational, or recreational activities because of

Recognizing Abuse

alcohol use.

- You continue alcohol use despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to worsen by alcohol use, (e.g., continued drinking despite knowing that an ulcer was made worse by drinking alcohol).
- You crave alcohol or have a strong need, or compulsion, to drink.

What do we mean by alcoholism?

Alcoholism, also known as "alcohol dependence," is a disease that includes alcohol craving and continued drinking despite repeated alcohol-related problems, such as losing a job or getting into trouble with the law.

Is alcoholism a disease?

Yes. Alcoholism is a chronic, often progressive disease with symptoms that include a strong need to drink despite negative consequences.

Is alcoholism inherited?

Alcoholism tends to run in families, however a child of an alcoholic parent will not automatically develop alcoholism and a person with no family history of alcoholism CAN become alcohol dependent. Still other factors, such as social support, may help to protect even high-risk people from alcohol problems. Risk is NOT destiny.

Can alcoholism be cured?

Not yet. Alcoholism is a treatable disease and medication has also become available to help prevent relapse, but a cure has not yet been found. This means that even if an alcoholic has been sober for a long time and has regained health, he or she may relapse and must continue to avoid all alcoholic beverages.

Recognizing abuse

Does alcoholism treatment work?

Alcoholism treatment is effective in many cases. Studies show that a minority of alcoholics remain sober one year after treatment, while others have periods of staying sober alternating with periods of relapse. Still others are unable to stop drinking for any length of time.

It is important to remember that many people relapse once or several times before achieving long-term sobriety. Relapses are common and do not mean that a person has failed or cannot eventually recover from alcoholism. If a relapse occurs, it is important to try to stop drinking again and to get whatever help is needed to abstain from alcohol. Ongoing support from family members and others is very important in recovery.

What other problems can alcohol abuse present?

ALCOHOL ABUSE IS ASSOCIATED WITH SEVERAL OTHER PROBLEMS INCLUDING THE FOLLOWING:

- Depressed mood
- Sexual dysfunction
- Learning problems
- Addiction
- Sexually deviant behavior
- Dramatic, erratic, antisocial personality

What are the effects of Alcohol or Substance use during pregnancy?

The use of Alcohol and Drugs during pregnancy is detrimental to the health of the woman and baby. Proven effects include:

- Birth defects
- Fetal Alcohol Syndrome

Recognizing abuse

- Mental retardation
- Low birth weight
- Miscarriages
- Addicted babies
- Sudden Infant Death Syndrome (SIDS)
- Developmental disabilities

If I have trouble with drinking, can't I simply reduce my alcohol use without stopping altogether?

That depends. If you are diagnosed as an alcoholic, the answer is "no." Studies show that nearly all alcoholics who try to merely cut down on drinking are unable to do so indefinitely. Instead, cutting out alcohol (that is, abstaining) is nearly always necessary for successful recovery. However, if you are not alcoholic but have had alcohol-related problems, you may be able to limit the amount you drink.

Can I help someone I love with a drinking problem who does not want to be helped?

Yes! Maybe you've thought about trying to help but something is holding you back. Maybe you blame yourself for covering up for them. Or maybe you think that people have to reach a point where their problems are so overwhelming that they will be forced to seek help on their own. You're wrong. While it's true that only the person with the problem can solve it, this doesn't mean that you can't do anything until the person hits "rock bottom."

How can I help my loved one stop drinking?

The answer is a process called intervention. Getting someone help who doesn't want help is what intervention is all about. It takes a lot of preparation and professional guidance. The most successful interventions take place when the team members—family, friends and co-workers—have been well prepared by an intervention professional.

Contact 1-800-NCA-CALL or www.ncadd.org for guidance.

How does 'intervention' work?

Intervention brings reality to the person affected in a way that they can accept that reality. For example, the reality is that you're fed up with their drinking or use of other drugs.

The reality is that they're missing work as a result of hang-overs or too much "partying" and they may even lose their job. The reality is that they have got to do something.

In an intervention, family members, friends and coworkers present reality as a group in a loving, caring way. Instead of making excuses, blaming each other or covering up for the person with the problem, intervention provides an opportunity to present clear, factual information about the effect the person's drinking or use of other drugs has on those who care about them.

What is a safe level of drinking?

Most adults can drink moderate amounts of alcohol—up to two drinks per day for men and one drink per day for women and older people—and avoid alcohol-related problems (one drink equals one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits).

However certain people should not drink at all. They include:

- women who are pregnant or trying to become pregnant;
- people who plan to drive or engage in other activities requiring alertness and skill;
- people taking certain medications, including certain over-the-counter medicines;
- people with medical conditions that can be worsened by drinking;
- recovering alcoholics;
- people under the age of 21.

Recognizing abuse

To Learn More...

You can call the Center for Substance Abuse Treatment at **1-800-662-HELP** for information about treatment programs in your local community and to speak to someone about an alcohol problem.

Many people also benefit from support groups. For information on local support meetings run by Alcoholics Anonymous (AA), call your local AA chapter (check your local phone directory under "Alcoholism") or call 212-870-3400. For local support meetings for Narcotics Anonymous (NA) www.na.org

Sexual Addiction

What do you mean by sexual addiction?

By "sexual addiction" or "sex addict" we mean compulsive sexual behavior which refers to spending excessive amounts of time in sexual-related activity, to the point that one neglects important social, occupational and/or recreational activities in favor of sexual behavior. Compulsive sexuality also means being motivated to engage in sexual activity time and time again in hopes of finding some sort of fulfillment.

Is sexual addiction a physical or psychological problem?

A person may use sex as a form of physical and psychological release or may use sex as a means of dealing with other problems such as loneliness, depression, anxiety, and daily stresses. Compulsive sexual behavior often can be attributed to difficulty with genuine intimacy.

How can I tell if someone is a sexual addict?

Individuals with compulsive sexual behavior cannot be picked out in a crowd. Sexual orientation, ethnic background and age are NOT identifying factors. It's true that the vast majority of 'sexual addicts'

are male, but both men and women, many of whom are professionals who otherwise function normally in society may exhibit compulsive sexual behavior. Most often they are married or have a long-term partner.

What types of behaviors are displayed by a sexually compulsive person?

Individuals with compulsive sexual behavior may engage in a wide range of conventional or unconventional sexual behavior, but the key is they act compulsively. What defines compulsive sexual behavior is not necessarily the number of partners one has or how often one engages in sexual activity. It's whether or not a person can control his or her sexual urges.

Compulsive sexual behaviors may include the following:

- Having many sexual partners or extramarital affairs
- Having sexual intercourse with strangers
- Excessive masturbation
- Obsession with pornography
- Obsessively hiring prostitutes
- Obsessive use of phone sex lines
- Obsessive visitation of X-rated Web sites
- Obsessively engaging in masochistic or fantasy sex

If a person's sex life is outside the 'norm' does that automatically make them a sex addict?

No. Experts caution that simply because someone's sexual behavior doesn't fit the values of an individual, group or society doesn't make that behavior necessarily disordered or compulsive. Nor does it mean that, if you have sexual problems, you are automatically a 'sex addict.'

Recognizing **abuse**

What are some other behaviors of a 'sex addict?'

Sex addicts can't seem to stop themselves from seeking sexual experiences despite possible severe consequences for their actions.

Sex addicts may:

- Expose themselves to sexually transmitted diseases STDs
- Sexually abuse others
- Habitually lie at the expense of relationships
- Be arrested for lewd behavior
- Accrue large debts
- Lose their jobs
- Engage in other high-risk behaviors, such as abusing drugs or alcohol.

What are the emotional and psychological consequences of compulsive sexual behavior?

Each time they act out sexually they say they'll never do it again, and are afraid others will find out. Their inability to stop often leads to feelings of shame, guilt, fear, remorse, self-loathing and loneliness.

Why can't some people control their sexual urges?

Sex for the "sex addict" is generally not about the act itself or love or pleasure. Sex is like a drug. The "rush" following orgasm is a "high" to be sought again and again by the addict.

Is there an affective treatment for sexual addiction?

There are inpatient and outpatient treatment options for compulsive sexual behavior, depending on the severity of the problem. Psychology experts say it's important to get help from someone experienced in the field of sexual behavior. They also suggest undergoing a thorough medical and psychiatric evaluation before beginning treatment.

Recognizing abuse

Other experts recommend individual and group psychotherapy, medications such as antidepressants and behavior modification. The emphasis is typically on learning healthy coping mechanisms for problems and retraining a person to view sex as part of a loving relationship.

Some experts suggest treating sexual addiction as one might treat alcoholism with 12-step programs and behavior modification.

Abstinence from sexual activity at the beginning of treatment is often recommended.

What everyone seems to agree on particularly those who find themselves sexually out of control is that the behavior is difficult to treat, and that the behavior isn't likely to change without treatment. It may take years, and relapses can be expected. Support from family and friends is often critical to treatment success.

To Learn More...

Contact Sex Addicts Anonymous at www.sexaa.org or Sexual Compulsives Anonymous (SCA) at **1-800-977-HEAL**, www.sca-recovery.org/. Meetings where African-Americans are predominantly in attendance do exist in several local communities.

Heart Health

The Facts about Heart Attacks

What is a heart attack?

A heart attack occurs when the flow of blood to the heart is seriously restricted or cut off. This life-threatening condition usually occurs when an artery leading to the heart becomes blocked, preventing oxygen and nutrients from reaching the heart muscle.

Keep Your Heart Healthy

What causes a heart attack?

A buildup of fatty substances, mostly cholesterol, along the walls of the heart's blood vessels, or the development of a blood clot that blocks an artery both cause a heart attack and lead to irreversible damage of the heart muscle.

Who has heart attacks?

African-Americans are four times more likely to experience a heart attack than white Americans. People with high risks factors are the most vulnerable.

High risk factors include:

- | | |
|-----------------------|-----------------------------------|
| High blood pressure | A high cholesterol level |
| A smoking habit | Diabetes |
| Excessive weight | Lack of exercise |
| A stressful lifestyle | A family history of heart attacks |

How do you recognize a heart attack?

The most common symptom of a heart attack is chest pain that fans out to the shoulders, neck and arms. This discomfort lasts for two minutes or longer. Sweating, dizziness, nausea and shortness of breath may also occur. Sharp stabbing twinges usually are not symptoms of a heart attack.

Do people survive heart attacks?

Yes. But one-fifth of heart attacks victims die before reaching a hospital. Studies show that 50 percent of victims wait more than two hours before going to the hospital. Others could have been saved if someone nearby had been trained in CPR and used it.

How do I help someone having a heart attack?

If you see someone having a heart attack, call 911 or an ambulance

Keep Your **Heart Healthy**

(know your community emergency number). You and your family should also learn CPR and know when to use it. Doing CPR on a heart attack victim significantly increases his chance of survival.

Does aspirin help?

Yes. Research shows that aspirin represses an enzyme that causes blood clots. Reducing clotting around the heart means blood can reach the heart more freely and keep it working properly. Ask your physician about the proper dosage of aspirin to take.

Self-Defense Against Heart Attack

Lower cholesterol

Check your cholesterol. More than 50 % of African-Americans have cholesterol levels high enough to bring on heart disease. Most of us don't know it - there are usually no symptoms. The ideal total cholesterol level is below 200 mg/dl; 200-239 mg/dl is borderline, and above 239 mg/dl is too high.

Limit Fats

Start a low-cholesterol lifestyle. Eat no more than 300 mg of cholesterol a day. Limit fatty meats and serve fish or skinless chicken, beans and peas. Cook with little or no fat by broiling, baking or steaming foods. Eat plenty fiber.

Stop Smoking

A smoker is four times more likely to have a heart attack than a nonsmoker. The nicotine in cigarettes shrinks the arteries. This, and the carbon monoxide in the smoke, reduces the oxygen supply to the heart.

Lower blood pressure

High blood pressure is a treatable disease, usually without symp-

Keep Your Heart Healthy

toms, that leads to heart attacks. Have your blood pressure checked by a health care professional. A pressure reading higher than 140/90, when taken several times, is considered high. To keep blood pressure low, start a low-cholesterol, calcium-rich diet. Reduce your salt intake, control your weight and eat balanced meals. Cut out alcohol, caffeine and nicotine.

Exercise

Start an exercise plan. Exercise helps lower blood pressure and eases the frustration of stress. Exercise, like swimming, jogging or bicycling, should be done 3-5 times a week for 20-30 minutes.

Reduce Stress

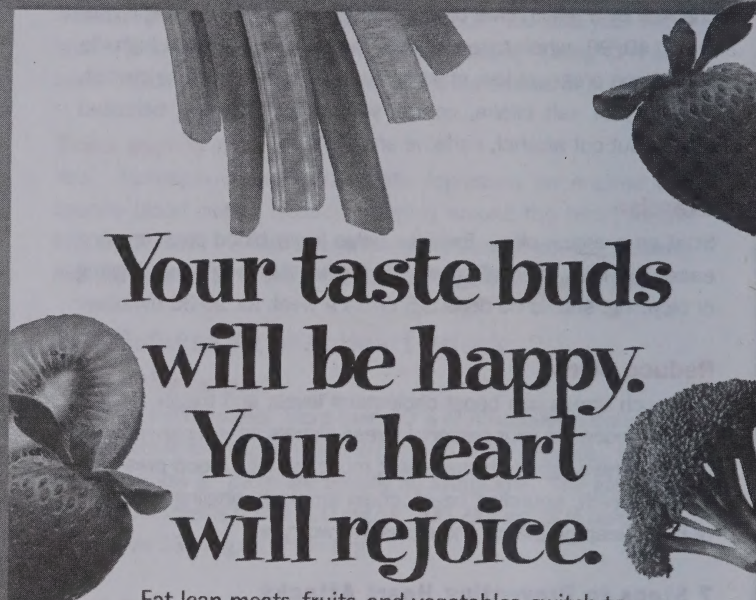
Too much stress can boost cholesterol levels and trigger a heart attack. Recognize your personal stress signals so you can manage them. Stress signals include tight muscles, high blood pressure, grinding teeth, pounding heart, chain smoking, tingling in fingers or feet, sleep problems and excessive worrying.

7 Steps to Preventing Heart Attacks

1. Don't smoke.
2. Change your diet: limit fats, increase fiber.
3. Check your cholesterol level, and lower it if over 200.
4. Exercise 3-5 times a week.
5. Take aspirin regularly (but consult your doctor first)
6. If you have chest pain or discomfort, contact your doctor.

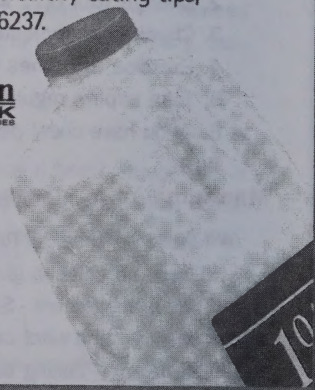
Managing Your Stress

- Take short breaks - Reenergize.
Taking a break can give you a fresh perspective.
- Time management - Set priorities. Decide what needs to be done now and what can wait.
- Talk it out - Talking out your problems helps relieve stress and helps put troubles in perspective. Somehow our capacity to deal with problems expands when we talk them out.



Your taste buds will be happy. Your heart will rejoice.

Eat lean meats, fruits, and vegetables, switch to 1% milk, and bake instead of fry. The recipe for good health is simple and tasty. For healthy eating tips, call 1-800-422-6237.



Keep Your Heart Healthy

ANGER

Can losing your cool be dangerous to your health?

Yes! "Blowing off steam" can be extremely dangerous because people (especially men) who get angry are almost twice as likely to have a stroke as those who are better at diffusing their anger.

What is the key to controlling anger?

One of the keys to controlling anger is to avoid situations that trigger it. For example, if being stuck in a traffic jam sends you into a rage, try to avoid peak traffic times, even if it means changing your work schedule.

What steps can I take to diffuse or manage my anger?

It is important to recognize when feelings of anger or rage start to build and then take steps to diffuse those feelings.

1. Take deep breaths, count to 10 and try to calm yourself before the feelings of anger become overwhelming.
2. Talk the situation out with a friend
3. Release frustration through physical exercise

RELAXATION

What is the most effective way to relax?

Breathing! Get in the habit of shifting your awareness to your breath whenever you find yourself dwelling on upsetting thoughts. Breathing strongly influences mind, body, and moods. By simply putting your attention on your breathing, without even doing anything to change it, you move in the direction of relaxation. Our thoughts are the source of much of our anxiety, anger, guilt, and unhappiness.

To Learn more...

*Contact the American Heart Association
(800)242-8721 or contact your local office*

'Sugar Diabetes'

When we say "sugar diabetes" we are referring to diabetes mellitus, an inherited disorder of metabolism that comes in two distinct forms: type I (juvenile-onset) and type II (adult-onset).

Preventing Diabetes

How Does Diabetes Affect African Americans?

Approximately 2.3 million or 10.8% of all African Americans have diabetes, however, one-third of them do not know it. African Americans are 1.7 times more likely to have diabetes, than Non-Whites or Hispanics. Twenty-five percent of African Americans between the ages of 65 and 74 have diabetes. One in four African American women over 55 years of age has diabetes. Diabetes is the seventh leading cause of death (sixth-leading cause of death by disease) in the United States.

What are the complications due to diabetes?

African Americans experience higher rates of at least three of the serious complications of diabetes: blindness, amputation and end stage renal disease (kidney failure).

Blindness African Americans are twice as likely to suffer from diabetes-related blindness. Abnormalities of the small blood vessels of the retina (part of your eye) caused by diabetes may lead to weakening of blood vessel walls or leakage from blood vessels.

Amputation Among people with diabetes, African Americans are 1.5 to 2.5 times more likely to suffer from lower limb amputations. Diabetes is the most frequent cause of non-traumatic lower limb amputations. Each year 56,000 people lose their foot or leg to diabetes.

Kidney Disease African Americans with diabetes are 2.6 to 5.6 times more likely to suffer from kidney disease than all non-black people with diabetes. African Americans have more than 4,000 new cases of end stage renal disease (kidney failure) each year.

Who else is at risk for diabetes?

People at risk include:

- Blood relatives of people with diabetes
- African Americans, Hispanic Americans, Asian Americans

Preventing Diabetes

- Women who have had babies weighing 9 pounds or more at birth
- Native Americans, and Pacific Islanders
- People with a condition known as impaired glucose tolerance
- People with high blood pressure or very high blood cholesterol levels
- People who are obese
- People 45 years or older



What are the symptoms of diabetes?

- Extreme thirst
- Blurry vision from time to time
- Frequent urination
- Unusual tiredness or drowsiness
- Unexplained weight loss

People with diabetes don't make enough insulin or are insulin resistance, which means they don't respond well to insulin. In people with diabetes, insulin is not doing its job, so their body's glucose can't get into their cells and be used for energy. Instead, their unused glucose builds up in their blood and passes through the kidneys if the glucose level becomes high enough. The extra glucose causes frequent urination, which in turn leads to thirst (this is the body's way of making up for the fluid lost in urination).

How can I prevent diabetes?

- Eat a healthy balanced diet
- Get plenty of exercise
- Pay attention to symptoms which may occur
- Contact your doctor for early detection, treatment and follow-up
- Prioritize your health! Make the time to take care of yourself. Fit it in. It matters!

How can I find out if I have diabetes?

Contact your health care professional. Doctors diagnose diabetes on the basis of too-high levels of glucose in the blood. If you have diabetes, your blood glucose levels rise because of the foods you eat.

Urine Tests

High urine glucose levels give doctors a clue that something is wrong. But urine tests are not a good way to diagnose diabetes. Urine tests are not as accurate as blood tests. Your glucose level could be high, yet high levels of glucose may not appear in the urine. So in diagnosing diabetes, doctors measure glucose in the blood.

Blood Tests

The goal of blood glucose tests is to find out whether you have a very large amount of glucose in your blood. There are two types of tests: screening tests and diagnostic tests. Screening tests are performed on people who have no symptoms of diabetes. On the other hand, diagnostic tests are done to confirm a diagnosis that is already suspected from the patient's symptoms.

Screening tests are fast, easy to perform, and cheap. (Health fairs often offer free screening tests, for example.) Screening tests require as little as a drop of blood from your fingertip and take only a minute or two to complete.

Fasting Plasma Glucose Test

The fasting plasma glucose test is the preferred way to diagnose diabetes. It is easy to perform and convenient. After you have fasted overnight (at least 8 hours), a single sample of your blood is drawn at the doctor's office and sent to the laboratory for analysis.

Preventing Diabetes

Oral Glucose Tolerance Test

With the oral glucose tolerance test, you must fast overnight (at least 8 but not more than 16 hours) and go to your doctor's office or the laboratory in the morning. First, your fasting plasma glucose is tested. After this test, you receive 75 grams of glucose (100 grams for pregnant women). Usually, the glucose is in a sweet-tasting liquid that you drink. Blood samples are taken up to four times to measure your blood glucose.

How can I be sure that the results are reliable?

For the test to give reliable results, you must be in good health (not have any other illnesses, (not even a cold). Also, you should be normally active (for example, not lying down as an inpatient in a hospital) and taking no medicines that could affect your blood glucose. For 3 days before the test, you should have eaten a diet high in carbohydrates (150-200 grams per day). The morning of the test, you should not smoke or drink coffee.

To Learn more...

Contact the American diabetes Association **(800) DIABETES**

Preventing **Cancer**

African Americans have a higher than normal chance of developing various cancers including prostate cancer in men and breast and cervical cancer among our women.

Proper diet, exercise, and **early detection** are the keys to survival.

Prostate Health

What is the prostate and what does it do?

The prostate is part of the male sexual anatomy. It is a walnut-sized gland which surrounds part of the urethra (the "tube" that carries urine from the bladder to the penis). The prostate is located approximately 2 inches inward from the anus.

The prostate has several functions:

It manufactures and stores a portion of the seminal fluid. This fluid provides lubrication, protects the sperm, and has an antibacterial effect. It also blocks the flow of urine during sex and insures that the seminal fluid flows in the correct direction.

There are three bad things which can happen to the prostate:

1. Prostatitis
2. Benign prostatic hypertrophy, (BPH)
3. Prostate cancer

What is Prostatitis?

Prostatitis is an inflammation of the prostate or a pain in the prostate similar to that caused by an inflammation.

What are the symptoms of Prostatitis?

A. Urinary problems -These symptoms are caused by the swollen prostate partially blocking the urethra and most symptoms are also common to BPH.

Problems with urination may feel like:

- Pain when urinating
- Increased frequency
- Urgency
- Difficulty in starting urination
- Difficulty in completely emptying the bladder
- Waking at night one or more times to urinate
- Weak stream
- Split stream
- Interruptions during urination (stop and start)
- Dribbling or difficulty in stopping
- Cleanly (large wet spot on underwear)

- Bloating feeling
- Frequent bladder/kidney infections
- Bladder stones
- Blood in the urine
- Dehydration (caused by attempting to reduce the frequency by cutting back on fluid intake)
- Itching sensation at the tip of the penis
- Burning sensation between the legs
- Sand-like particles in urine

B. Pain/ache/discomfort

Besides the pain caused by the swollen prostate, there are several nerves which pass through the area and which can be stimulated by the pressure of the swollen prostate.

Pain may be:

- Centered in the perineum (the area between the anus and the base of the penis)
- In the penis
- In one or both testicles (with or without swelling)
- In the scrotum
- In the lower stomach
- In the lower back
- Just above the anus
- Before, during or after ejaculation
- When sitting
- During bowel movements
- When walking
- When riding a bike

C. Sexual problems

Besides the obvious problem that it is hard to enjoy sex when ejaculation (or arousal) causes pain, several major blood vessels run through the area and may be constricted making it hard to have or maintain an erection. Some have reported burning sensations from their partner's semen. Premature ejaculation has also been reported.

D. Fertility problems

Sperm count and mobility can be seriously reduced by prostatitis. The sperm must pass through a narrow duct in order to get to the urethra. This narrow passage can be squeezed shut by the swelling in the prostate.

E. Psychological problems

These may be caused by the frustration of being told that it's all in your head or that nothing can be done so just live with it or there may be some hormonal imbalance at work.

- Depression • Stress
- Low Libido • Apathy

F. Chills and fever

(Generally only in the acute form of the disease.)

THIS IS A MEDICAL EMERGENCY! Get medical help immediately.

Are there any other symptoms of Prostatitis?

Yes, there are several. That's why it's important to check with your doctor for detection, treatment, and follow-up!

Other symptoms include:

- Urine smells strong or bad
- Semen smells bad
- Semen appears lumpy or yellowish
- Discoloration of the penis
- Semen volume low
- Blood in semen

What is benign prostatic hypertrophy (BPH)?

Benign prostatic hypertrophy (BPH) is a NON-CANCEROUS increase in size of the prostate. This increase in size impacts the urethra and can partially or totally block urine flow. It appears that some cases of BPH may be forms of prostatitis. Patients with the same symptoms are often diagnosed with prostatitis if they are under 50 and with BPH if they are older. There is also speculation that untreated prostatitis can eventually become BPH.

What is Prostate Cancer?

Prostate cancer is a cancerous tumor that may appear in the prostate.

How can prostate cancer be treated?

The most common treatment is surgical removal of the prostate and the seminal vesicles. A new treatment using three X-ray beams appears to be just as effective and have fewer side effects.

Other treatments which may be used to fight the cancer or prevent its growth are implantation of radioactive beads, chemotherapy, removal of the testicles (Orchiectomy), radiation, and drugs which prevent the body from using testosterone.

To Learn More...

Contact the American Foundation for Urologic Disease
(800) 242-2382

Women's Health

Why am I at risk for breast cancer?

Breast cancer is the leading cause of cancer death among African-American women. Breast cancer strikes Black women at earlier ages and we are less likely to discover the cancer early on, which leads to more deaths.

Women's Health **Breast cancer**

Risk factors associated with breast cancer among Black women include:

- A family history of breast cancer
- Smoking
- High fat diet
- Lack of exercise
- Lack of insurance coverage or funds for detection, treatment and follow-up
- Not prioritizing breast self exams, screening and follow-up

What are the signs and symptoms of breast cancer?

The signs and symptoms associated with breast cancer include examples of the following:

- A hard lump or thickening in the breast, which may not be painful or even tender
- Clear or bloody discharge from a nipple
- Retracted nipple
- A change in the contour of the breast (one may be higher than the other)
- Any flattening or indentation of the skin of the breast
- Redness or pitting, like the skin of an orange

Breast Self-Exam and Mammogram

Together these two exams are the best way to detect breast cancer.



How do I examine my breast and when?

You should examine your breast once a month, one week after your menstrual period or on the first day of the month for post-menopausal women. Lying down is the best way to examine your breast, especially if they are large. Put a pillow under your right shoulder and your arm behind your head. With your fingers flat, use your left hand to press gently in a circular motion, including your armpit. Repeat using firm pressure and gently squeeze the nipple for discharge. Repeat for the left breast, and remember to switch the pillow.

What is mammogram and when I should I have my first one?

A mammogram is a special x-ray that can detect tumors so small that your doctor cannot feel them. You should have your first mammogram between the ages of thirty-five and forty. Once you turn forty, you'll need a mammogram every one or two years, and then yearly after fifty. If you have a family history of breast cancer, you will need mammograms more frequently.

CERVICAL CANCER

Why am I at risk for getting cervical cancer?

African-American women are 2.8 times more likely to die from cervical cancer than any other women. As with breast cancer, we are less likely to discover the cancer early on, which leads to more deaths.

Risk factors associated with developing cervical cancer include the following:

1. Early age at first intercourse
2. A history of multiple male sex partners
3. A history of sexually transmitted diseases

Women's Health **Cervical Cancer**

4. Infection with certain genotypes of human papilloma virus,HPV
5. Lack of insurance coverage or funds for detection, treatment and follow-up
6. Smoking
7. Not prioritizing screening and follow-up.
Make the time to take care of yourself!

The PAP Test

How do I know if I have cervical cancer?

Getting a pap test is the only way to detect cervical cancer. It is used to find abnormal cells before they become cancer, so the earlier you find out, the better! A health care provider takes cells from the cervix using a speculum inserted through the vagina during a pelvic exam.

It is recommended that you take the following steps before having a pap test in order to ensure accuracy or test results.

1. Do not have sex (sexual intercourse-fingers, penis, sex toys, manual manipulation) for two days before your test
2. Do not wash the vagina or douche for 2 days before your test
3. Do not put anything in the vagina for 2 days before your test- (No tampons, sponges, douches, cervical caps, diaphragms, creams, foams, condoms, etc.)

DON'T DOUCHE

Why is douching harmful for women?

Most women do not understand that a lot of the products for sale on the shelf-douches and vaginal deodorants, for example-are vaginal cosmetics that have no proven medical use. Women need

Women's Health **Fibroids**

to know that douching for hygiene, although it is meant to help you feel fresh and good, may actually have harmful effects on your normal ecosystems.

In a recent study where 182 women initially free of infection were observed for two years, those who practiced douching were twice as likely to develop BV, (bacterial vaginosis), a vaginal infection that has been associated with potentially serious health risk. Clinical evidence has linked BV to pelvic diseases and infections, and susceptibility to HIV infection and other sexually transmitted diseases, as well as preterm labor and low birth weight.

FIBROIDS

What are fibroid tumors?

Fibroid tumors, (uterine fibroids), are benign muscle tumors that cause enlargement and distortion of the uterus in premenopausal women (women who still have their periods). They may make menstrual periods painful and heavy, leading to anemia in some cases.

Is surgery absolutely necessary?

Only you and your doctor can make that determination, however, many gynecologists use the mere presence of fibroids as an excuse to remove the uterus (hysterectomy), but surgery is not indicated unless the tumors are creating significant problems.

Are fibroids life threatening?

No. You can live with very large fibroids as long as they are not causing you pain and excessive bleeding. They do not turn malignant.

Fibroids are dependent on estrogen for their growth. If you can live with them till menopause, they will shrink down and not be heard from again, as long as you do not go on estrogen replacement therapy.



Even if you are years away from menopause, you can take actions to lower your estrogen levels and slow the growth of fibroids:

1. Eat a low-fat diet.
2. Avoid estrogenic foods, but note that soy foods may have a protective effect.
3. Increase aerobic exercise.
4. Take vitamin E, 400 IU twice a day.

See your doctor if painful periods are a problem or if menstrual bleeding is heavy. Have a complete blood count done to be sure you are not anemic. If surgery is necessary, investigate new techniques of laser surgery that permit removal of the tumors rather than removal of the whole uterus.

To Learn More...

Contact the National Cancer Institute (800) 4-CANCER or the Minority Women's Breast Cancer Network (518) 385-2540.

Preventing **Blindness**

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Glaucoma is a group of diseases that can lead to damage to the eye's optic nerve and result in blindness. Primary open-angle glaucoma is the leading cause of blindness among African-Americans.

It occurs six to eight times more often among African-Americans than Caucasians, and often occurs earlier in life. Studies show that African-Americans between ages 45 and 65 are 14-17 times more likely to go blind from glaucoma than Caucasians with glaucoma in the same age group.

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What is the optic nerve?

The optic nerve is a bundle of more than 1 million nerve fibers. It connects the retina, the light-sensitive layer of tissue at the back of the eye, with the brain. A healthy optic nerve is necessary for good vision.

How does glaucoma damage the optic nerve?

In many people, increased fluid pressure inside the eye causes glaucoma. Unless the pressure at the front of the eye is controlled, it can damage the optic nerve and cause vision loss.

Why do African Americans have a higher rate of getting glaucoma?

The reason for the higher rate of glaucoma and subsequent blindness among African-Americans is still uncertain.

Reasons may include:

- A greater susceptibility to damage of the optic nerve
- A higher occurrence of earlier onset pressure in the eye
- Not prioritizing detection and treatment of glaucoma

What are the symptoms of glaucoma?

Most people who have glaucoma don't know they have it. It has no symptoms at first. Vision stays normal, and there is no pain. As glaucoma remains untreated, people may notice that although they see things clearly in front of them, they miss objects to the side and out of the corner of their eye.

Without treatment, people with glaucoma may find that they suddenly have no side vision. It may seem as though they are looking through a tunnel. Over time, the remaining forward vision may decrease until there is no vision left. With early treatment, you can often protect your eyes against serious vision loss and blindness.

How is glaucoma detected?

To detect glaucoma, your eye care professional will do the following tests:

Glaucoma Prevention

1. Visual acuity: This eye chart test measures how well you see at various distances.
2. Tonometry: This standard test determines the fluid pressure inside the eye.
3. Pupil dilation: This examination provides your eye care professional with a better view of the optic nerve to check for signs of damage. To do this, your eye care professional places drops into the eye to dilate (widen) the pupil. After the examination, your close-up vision may remain blurred for several hours.
4. Visual Field: This test measures your side (peripheral) vision. It helps your eye care professional find out if you have lost side vision, a sign of glaucoma.

Can glaucoma be treated?

Yes. Although you will never be cured of glaucoma, treatment often can control it. This makes early diagnosis and treatment important to protect your sight. Most doctors use medications for newly diagnosed glaucoma; however, new research findings show that laser surgery is a safe and effective alternative.

How often should I have my eyes examined?

The American Academy of Ophthalmology recommends that African-Americans ages 20-39 without symptoms for glaucoma have a comprehensive eye examination every 3-5 years; and African-Americans over 40 have their eyes examined through dilated pupils at least every two years.

To Learn More...

You can call the Celebrate Sight: Do You Know Your Glaucoma Risk? Referral Line, (800) 391-EYES (3937) for a referral to an ophthalmologist in your area. If you have no medical insurance and are unable to pay for care, the initial examination, and subsequent medical care for glaucoma, are at no cost to you.

Domestic Violence

Are you or is someone you know being emotionally or physically abused?

If you answer yes to several of the following questions, we urge you to pick up the telephone and call a toll-free number, day or night.

Does your partner shove, hit, shake or slap you?

Does your partner make light of the abuse, insist that it didn't happen, or shift the responsibility for the abusive behavior, blaming you for it?

Domestic Violence

Does your partner continually put you down, call you names, or humiliate you?

Does your partner intimidate you through looks or actions, destroy your property, or display weapons?

Does your partner control what you do, who you see and talk to, and where you go, limiting your involvement outside the relationship?

Are you made to feel guilty about your children, or has your partner threatened to take your children away?

For family and friends:

Does your friend appear anxious, depressed, withdrawn, and reluctant to talk?

Does the abuser criticize your friend in front of you, making remarks that make you feel uncomfortable when you're around the two of them?

Do you see or hear about repeated bruises, broken bones, or other injuries that reportedly result from "accidents"?

Does the abuser try to control your friend's every move, make them account for their time, and accuse them of having affairs?

Is your friend often late or absent from work; has quit a job altogether, or leaves social engagements early because their abuser is waiting for them?

To Learn More...

If you or a friend is experiencing domestic violence, PLEASE CALL this confidential toll-free number: Call the National Domestic Violence Hotline at (800) 799-SAFE or from a TTY at (800) 787-3224.

Selected **Organizations**

Thousands of resources are available for People of African Descent who want to learn more about treatment information and prevention of life-threatening illnesses. We have selected a partial list of organizations that provide a variety of services such as support groups, counseling, housing and referrals. If your city or state is not listed, then see our National Hotlines and National Websites listings to get information.

National Listings

ADDICTION

Alcoholics Anonymous

P.O. Box 459
Grand Central Station
New York, NY 10163
(212) 870-3400
www.aa.org

National Clearinghouse for Alcohol and Drug Information

P.O. Box 2345
Rockville, MD 20847-2345
(301) 468-2600
(301) 468-6433 Fax
(800) 729-6686

Narcotics Anonymous

World Service Office

P.O. Box 9999
Van Nuys, CA 91409
(818) 773-9999
(818) 700-0700 Fax
fsteam@na.org
www.na.org

Sexual Compulsives Anonymous (SCA)

(800) 977-HEAL
www.sca-recovery.org/

AIDS/HIV:

African American AIDS Policy & Treatment Institute

3418 Huxley Street
Los Angeles, CA 90027-1409
(323) 663-4194 office
(323) 666-8846-fax.

AIDS Clinical Trials Information Service

P.O. Box 6421
Rockville, MD 20849-6421
(800) 874-2572
Provides current information on federally and privately sponsored clinical trials for persons with AIDS

and HIV infection.
actis@cdcnac.org
www.actis.org

AIDS Hollistic Services

655 N. Main St.
Akron, OH 44312 USA
(330) 375-2159
(330) 384-1655 Fax
www.rainbow-akron.com

AIDS Prevention League, APPLE

199 King Ct.
Akron, OH 44303-2322 USA
Coalition promoting nondairy vegetarianism as a deterrent to AIDS. Works to educate the public about the alleged correlation between animal products and AIDS.

AIDS Resource Foundation for Children, ARFC

St. Clare's Home for Children
182 Roseville Ave.
Newark, NJ 07107 USA
(973) 483-4250
(201) 483-1998 Fax
Operates homes for children ages birth through 12 years of age with HIV, AIDS, or AIDS-Related Complex (ARC).

The Balm In Gilead, Inc.

130 West 42nd Street #450
New York, NY 10036
(212) 730-7381
(888) 225-6243 Toll-Free
BalmGilead@aol.com
www.balmingilead.org

A national organization working with African-American churches around the country to encourage and help them respond effectively and compassionately to AIDS-affected communities.

National Listings

Black Leadership Commission on AIDS, BLCA

105 E. 22nd St., New York, NY
(212) 614-0023
(212) 614-0057 Fax
(800) 573-2522
www.blca.org

Centers For Disease Control and Prevention (CDC)

1600 Clifton Road, NE
Atlanta, GA 30333
(404) 639-3535
www.cdc.gov

Harvard AIDS Institute: Leading for Life

651 Huntington Ave.
Boston, MA 02115
(617) 432-4400
(617) 432-4545 Fax
<http://hivinsite.ucsf.edu>

Names Project Foundation

310 Townsend Street, Ste. 310
San Francisco, CA 94107
(415) 882-5500
(415) 882-6200 Fax
www.aidsquilt.org

Not-for-profit organization with the mission to use the AIDS quilt to help bring an end to AIDS. Local chapters nationwide.

National AIDS Fund

1400 I Street, NW-Suite 1220
Washington, DC 20005
(202) 408-4848
(202) 408-1818 Fax
www.ncl.org

National Association of People with AIDS, NAPWA

1413 "K" St. NW, Ste. 700
Washington DC 20005-3442
(202) 898-0414
www.napwa.org

National Black Lesbian and Gay Leadership Forum, NBLGLF

1436 U Street, NW Ste. 200
Washington, DC 20009
(202) 483-6786
(202) 483-4970 Fax
nblglf@aol.com
www.nblglf.org

National Minority AIDS Council

1931 13th Street, NW
Washington, DC 20009-4432
(202) 483-NMAC (6622)
(202) 483-1135 Fax
www.nmac.org

National's Women's Resource Center

5255 Loughboro Road, NW
Washington, DC 20016
NatIWHRC@aol.com
(202) 537-4015
www.healthywomen.org

ALLERGY AND ASTHMA :

Allergy and Asthma Network/Mothers of Asthmatics (AAN/MA)

2751 Prosperity Ave., Ste. 150
Fairfax, VA 22031-4397 USA
(703) 641-9595
(703) 573-7794
(800) 878-4403
E-Mail: aanma@aol.com
www.podi.com/health/aanma

American Allergy Association (AAA)

1259 El Camino, No. 254
Menlo Park, CA 94025 USA
(415) 855-8036

American Lung Association

1740 Broadway
New York, NY 10019-4374
(212) 315-8802

National Listings

ALZHEIMER'S DISEASE:

Alzheimer's Association

919 N. Michigan Ave., Ste. 1100
Chicago, IL 60611-1676 USA
(312) 335-8700
(312) 335-1110
(800) 272-3900
TDD (312) 335-8882
info@alz.org
www.alz.org

Family members of sufferers of Alzheimer's disease. Combats Alzheimer's disease and related disorders.

ARTHRITIS:

National Arthritis and Musculoskeletal and Skin Diseases (NAMSIC)

1 AMS Circle
Bethesda, MD 20892-3675 USA
(301) 495-4484
(301) 718-6366 Fax
namsic@mail.nih.gov
www.nih.gov/niams

Telecommunication Services

NIAMS Fast Facts

(301) 881-2731
TDD (301) 565-2966

BLINDNESS/DISABILITIES:

American Council of the Blind

1155 15th St. NW, Ste. 720
Washington, DC 20005
(800) 424-8666
(202) 467-5081

Provides information and referrals.

American Foundation for the Blind

15 W. 16th St.
New York, NY 10011
(800) 232-5463 or
(212) 620-2000.

Provides information on visual impair

ments and blindness.

Black Women With Disabilities Alliance

45 W 139 St.
New York, NY 10027
(212) 862-2592

Clearinghouse on Disability Information

Office of Special Education and Rehabilitative Services, Department of Education

330 C St. SW, Switzer Bldg.,
Rm 3132
Washington, DC 20202-2524
(202) 205-8241

Responds to queries and provides referrals.

Job Accommodation Network

West Virginia University
P.O. Box 6080
Morgantown, WV 26506-6080
(800) ADA-WORK

Provides information on accommodating workers with disabilities.

National Federation of the Blind

Job Opportunities for the Blind

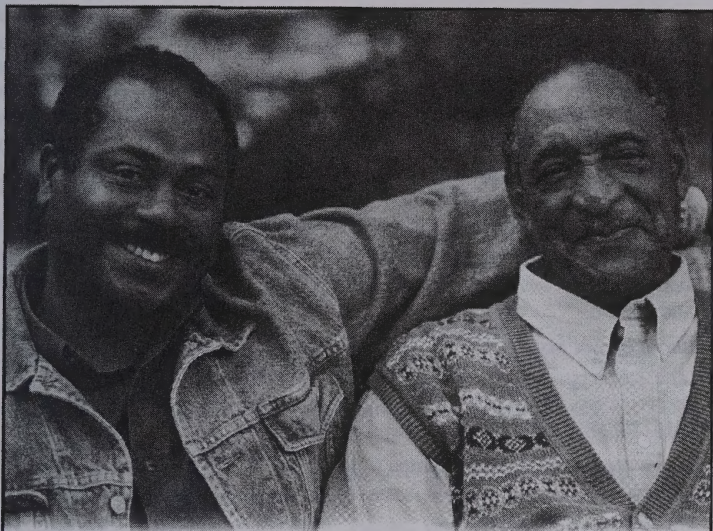
1800 Johnson St.
Baltimore, MD 21230
(800) 638-7518

Answers questions from blind individuals seeking jobs, parents, employers, and teachers.

CANCER:

American Cancer Society (ACS)

1599 Clifton Rd. NE
Atlanta, GA 30329 USA
(404) 320-3333
(404) 329-7530 FAX
(800) ACS-2345
www.cancer.org



Our memory loss research could provide hope for millions. Including someone you love.

Is someone you care about starting to forget important appointments or recent conversations? Are they losing things repeatedly? Are other people starting to notice? People experiencing these symptoms may be able to take part in a memory impairment investigational study funded by the National Institute on Aging*. The study is aimed at finding ways to delay the onset or slow the progression of Alzheimer's disease. Participants need to be between the ages of 55 and 90, have a clear memory problem but be able to function in daily life, and have a friend or loved one who can serve as a companion throughout the study.

WWW.MEMORYSTUDY.ORG

The Memory Impairment Study

FOR MORE INFORMATION, OR TO FIND OUT IF SOMEONE
YOU CARE ABOUT CAN TAKE PART, CALL

1-888-455-0655

* Sponsored by the Alzheimer's Disease Cooperative Study at the University of California, San Diego, with grant funding from the National Institute on Aging and contributions from Pfizer Inc and Eisai Inc. Additional support from Roche Vitamins Inc.

National Listings

American Foundation for Urologic Disease (AFUD)

1128 N. Charles St.
Baltimore, MD 21201 USA
(410) 468-1800
(410) 468-1808 Fax
(800)-242-2383
www.AFUD.ORG

Educational programs on topics including childhood urological problems, prostate disease, and bladder disorders. Makes available research fellowships and grants.

Breast Cancer Action

1280 Columbus Ave.
San Francisco, CA 94133
(415) 922-8279

Breast Cancer Resource Committee

1765 N St. NW
Washington DC 20036-2802
(202) 463-8020
www.afamerica.com/bcrc/

The Breast Cancer Resource

Committee is a national group based in Washington, D.C., that offers help to black women nationwide suffering from breast cancer. Support group - Rise Sister Rise, and Men in Action.

National Alliance of Breast Cancer Organizations

1180 Ave. of the Americas,
2nd floor
New York, NY 10036
(212) 221-3300

National Cancer Institute's (NCI)

Cancer Information Service
(800) 4-CANCER. NCI also sponsors the Black Cancer Initiative

and distributes literature that addresses Black patients.

National Coalition for Cancer Survivorship

1010 Wayne Ave., 5th floor
Silver Spring, MD 20910
(301) 650-8868

Women of Color Breast Cancer Survivors Support Project

8610 S. Sepulveda, Ste. 200
Los Angeles, CA 90045
(213) 418-0627

DEAFNESS/DISABILITIES:

American Speech-Language-Hearing Association

10801 Rockville Pike,
Rockville, MD
(800) 638-TALK or (301) 897-5700

For information on hearing aids and certified pathologists and audiologists.

Deaf Counseling Advocacy and Referral Agency

1539 Webster St.
Oakland, CA 94612
(510) 251-6400 TDD
Provides information and referrals for the hearing-impaired.

National Institute on Deafness and Other Communication

Disorders Clearinghouse
P.O. Box 37777
Washington, DC 20013
(800) 241-1044 or
(800) 241-1055 (TDD)
Disseminates information on hearing, balance, smell, taste, voice, speech, and language.

National Listings

Tripod Grapevine

2901 N. Keystone St.

Burbank, CA 91504

(800) 352-8888 or

(800) 287-4763 (TDD)

Information on deafness including how to raise and educate a deaf child.

DIABETES:

American Diabetes Association (ADA)

1660 Duke St.

Alexandria, VA 22314 USA

(703) 549-1500

(703) 836-7439 Fax

800-DIABETES

customerservice@diabetes.org

www.diabetes.org

Juvenile Diabetes Foundation

432 Park Ave. S.

New York, NY 10010

(212) 889-7575

For information about Type I diabetes.

National Diabetes Information Clearinghouse

Box NDIC, 9000 Rockville Pike

Bethesda, MD 20892

(301) 468-2162.

HEART DISEASE AND HYPERTENSION:

American Heart Association

7270 Greenville Ave.

Dallas, TX 75235

(800) 242-8721 or contact your local office.

Association of Black Cardiologists (ABC)

225 Peachier St., Ste. 1420

Atlanta, GA 30303 USA

(404) 582-8777

(404) 582-8778 Fax

(800) 753-9222

www.abccardio.org

Physicians and other health professionals interested in lowering mortality and morbidity resulting from cardiovascular diseases.

Children's HeartLink (CHL)

5075 Arcadia Ave.

Minneapolis, MN 55436-2306 USA

(612) 928-4860

(612) 928-4859

chl@mtn.org

www.childrensheartlink.org

Medical charity and service agency. Advocates the prevention and treatment of heart disease in needy children throughout the world.

National Institute of Hypertension Studies - Institute of (NIHS)

295 Mt. Vernon

Detroit, MI 48202 USA

(313) 872-0505

(313) 872-0505 Fax

To help find causes and to help prevent essential hypertension; to educate people concerning essential hypertension; to diagnose, counsel, and refer afflicted individuals for treatment and follow-up.

HEALTH/NUTRITION:

African-American Natural Foods Association (AANFA)

7058 S. Clide

Chicago, IL 60649 USA

Works to increase awareness of natural foods and the nutritional industry in minority communities.

National Listings

La Leche League

1400 N. Meacham Rd.
Schaumburg, IL 60173-4048

(847) 519-7730

(817) 519-0035 Fax

(800) La Leche

www.lalecheleague.org

Provides information and support
around breastfeeding.

National Black Child Development Institute (NBCDI)

1023 15th St. NW, Ste. 600
Washington, DC 20005 USA

(202) 387-1281

(202) 234-1738 Fax

Individuals dedicated to improving the
quality of life for African
American children and youth.

The National Health Information Center (NHIC)

Referral Specialist

P.O. Box 1133

Washington, DC 20013-1133

(301) 565-4167

(301) 984-4256 Fax

(800) 336-4797

<http://nhic-nt.health.org/>

NHIC puts health professionals and
consumers who have
health questions in touch with those
organizations that are
best able to provide answers.

KIDNEY:

American Association of Kidney Patients (AKA)

100 S. Ashley Dr., Ste. 280
Tampa, FL 33602-5346 USA

(800) 749-2257

(813) 223-0001 Fax

aakpnat@aol.com

www.aakp.org

American Kidney Fund (AKF)

6110 Executive Blvd.,
Ste. 1010, Rockville, MD 20852 USA

(301) 881-3052

(301) 881-0898 Fax

Toll-Free: 800-638-8299

helpline@akfinc.org

www.akfinc.org

Provides direct financial assistance
to needy kidney disease victims
with costs specific to their treat-
ment. Funds are raised through
direct mail from the public.

National Kidney Foundation (NKF)

30 E. 33rd St., Ste. 1100
New York, NY 10016 USA

(212) 889-2210

(212) 689-9261 Fax

(800) 622-9010

National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC)

3 Information Way
Bethesda, MD 20892-3580 USA

(301) 654-4415

(301) 907-8906 Fax

nkudic@info.niddk.nih.gov

www.niddk.nih.gov

An information and referral
service of the National Institute of
Diabetes and Digestive
Kidney Diseases.

LUPUS:

American Lupus Society

3914 Del Arno Blvd., Ste. 922
Torrance, CA 90503

(800) 331-1802 or (310) 542-8891

National Listings

Lupus Foundation of America

1300 Piccard Dr., Ste. 200
Rockville, MD 20850 USA
(301) 670-9292

(301) 670-9486 Fax
(800) 558-0121

www.lupus.org

Assists lupus patients and their families, through chapters and patient support groups, to cope with the daily problems associated with lupus.

National Arthritis and Musculoskeletal and Skin Diseases Institute

Box AMS, 9000 Rockville Pike
Bethesda, MD 20892
(301) 495-4484

Ask for the pamphlet "What Black Women Should Know About Lupus."

MENTAL HEALTH

Association of Black Psychologists (ABPsi)

PO Box 55999
Washington, DC 20040-5999 USA
(202) 722-0808

(202) 722-5941 Fax

pharrae@abpsi.org

www.abpsi.org

Professional psychologists and others in associated disciplines.

Aims to: enhance the psychological well-being of black people in America. Offers training and information on AIDS.

Black Mental Health Alliance (BMHA)

1800 N. Charles Street, 7th floor
Baltimore, MD 21201 USA
(410) 837-2642

(410) 837-2646 Fax
(888) 729-BMHA

bhealthall@aol.com

Seeks to increase clinicians, clergy, educators, and social service professionals awareness of African-Americans mental health needs and concerns on issues including stress, violence, racism, substance abuse, and parenting.

National Mental Health Association

1021 Prince Street
Alexandria, VA 22314-2979
(703) 684-7722

(703) 684-5968 Fax

(800) 969-NMHA

www.nmha.org

SICKLE CELL

Agency for Health Care Policy and Research Publications

Clearinghouse Sickle Cell Disease
P.O. Box 8547, Silver Spring,
MD 20907
(800) 358-9295

Ask for the pamphlet "Sickle Cell Disease: Screening, Diagnosis, Management, and Counseling in Newborns and Infants"

National Association for Sickle Cell Disease

3345 Wilshire Blvd., Ste. 1106
Los Angeles, CA 90010-1880
(800) 421-8453.

Sickle Cell Disease Association of America (SCDAA)

200 Corporate Pointe, Ste. 495
Culver City, CA 90230-7633 USA
(310) 216-6363

(310) 215-3722 Fax

(800) 421-8453

Community groups involved in sickle cell anemia programs throughout the USA.

Local Listings

Sickle Cell Disease Research Foundation

4401 S. Crenshaw Blvd. Ste. 208
Los Angeles, CA 90043
(213) 299-3600

SKIN DISEASE

American Skin Association (ASA)

150 E. 58th St., 33rd Fl.
New York, NY 10155-0002 USA
(212) 753-8260
(212) 688-6547 Fax
Promotes public education on prevention and treatment of skin disorders.

National Vitiligo Foundation (NVFI)

PO Box 6337
Tyler, TX 75711 USA
(903) 531-0074
(903) 531-9767 Fax
73071.33@compuserve.com
www.nvfi.org
Seeks to increase awareness and concern for the vitiligo patient.

STROKES

National Stroke Association (NSA)

96 Inverness Dr. E
Ste. I, Englewood, CO 80112-5112
(303) 649-9299
(303) 649-1328 Fax
(800) STROKES
www.stroke.org
Seeks to reduce the incidence and impact of stroke by promoting research, educating the public, and providing a network for stroke survivors and concerned persons.

ATLANTA

Birmingham, Savannah

Georgia Department of Human Resources

Office of Minority Health
Division of Public Health.
2 Peachtree Street- Room 7.513
Atlanta, GA 30303-3186
(404) 657-6707
(404) 657-6709 Fax

Georgia Health Decisions

1720 Peachtree Street, Ste. 102
Atlanta, GA 30309
(404) 874-9327
ghdatl@atlanta.com
www.cpn.org/sections/affiliates/georgia_healthdecisions.html
Georgia Health Decisions (GHD) is one of 16 state independent, grassroots, nonprofit, and nonpartisan organizations that is aiming to empower citizens in the public process of health policy.

International Society on Hypertension in Blacks

2045 Manchester St., NE
Atlanta, GA 30324
(404) 875-6263
(404) 875-6334 Fax

Sickle Cell Information Center Grady Memorial Hospital

P.O. Box 109
80 Butler Street
Atlanta, GA 30335
(404) 616-3572
(404) 616-5998
www.emory.edu/PEDS/SICKLE/

AID Atlanta African American Outreach

1438 Peachtree Street, NW,
Ste. 1000, Atlanta, GA 30308

Local Listings

(404) 872-0600 ext. 271
(404) 885-6799 Fax
www.aidatlanta.org

AIDS Coalition of Northeast GA

337 South Milledge Ave., Ste. 120
Athens, GA 30605
(706) 542-2437
(706) 549-2730 Fax

AIDS Education Services for Minorities, AESM

1432 Donnelly Ave. SW
Atlanta, GA 30310
(404) 753-2900
(404) 752-9610 Fax

AIDS Research Consortium, ARC

131 Ponce De Leon Avenue
Ste. 130, Atlanta, GA 30308
(404) 876-2317
(404) 872-1701 Fax

AIDS Survival Project

828 West Peachtree Street-
Suite 206, Atlanta, GA 30308
(404) 874-7926
(404) 872-1192 Fax
asp@mindspring.com
www.asp.home.mindspring.com
Provides tools for living with HIV
through advocacy, education, peer
support and treatment activism.

AIDS Treatment Initiatives

828 West Peachtree St., NW-
Ste. 210, Atlanta, GA 30308
(404) 874-4845
(404) 874-9320 Fax
atiids@mindspring.com
ATI is one of a handful of nonprofit
buyer's clubs across the nation whose
mission is to provide non-prescription
treatments and therapies.

Atlanta Cancer Society African American Cancer Support & Survivors Group

(404) 816-4994 Call for meeting
times and locations

Atlanta Lesbian Cancer Initiative

1189 Euclid Avenue
Atlanta, GA 30307
(404) 651-2866

Brothers Back-2-Back, BB2B

P.O. Box 7721
Atlanta, GA 30357-0721
HIV/AIDS Education, discussion and
social events for gay men
of African Descent.

Center for Black Women's Wellness

477 Windsor St. Suite 309
Atlanta, GA 30312
(404) 688-9202
cbwww@aol.com
www.cbwww.org
A family service center

Feminist Women's Health Center

580 14th Street, NW
Atlanta, GA 30318
(404) 874-7551
www.fwhc.org

Women's reproductive health care

Geanie Bond & Associates M.S.,
L.M.F.T.

3232 Cobb Pkwy, Ste. 237
Atlanta, GA 30339
404-256-6709 24 hrs
770-587-2879 Fax

Broad-based licensed counseling ser-
vice. Including individual, couples,
family, group, corporate
and consultation. Specialty:
Hypnosis & sex-therapy.

Local Listings

Grady Infectious Disease Program

341 Ponce DeLeon Ave.
Atlanta, GA 30308
(404) 616-2440

Hudson Medical Group

Dr. Richard Hudson
735 Piedmont Ave., NE
Atlanta, GA 30308
(404) 881-6910
Support group for HIV+
African-Americans

Jefferson County AIDS in Minorities, Inc.

P.O. Box 1116
Birmingham, AL 35201
(205) 323-7949
(205) 323-5599 Fax
(888) 687-2715
tmorris334@aol.com

Jerusalem House

100 Edgewood Ave. NE
Atlanta, GA
(404) 527-7627
AIDS Hospice

OutReach, Inc.

3030 Campbelton Rd.
Atlanta, GA 30311
(404) 346-3922
(404) 346-3036 Fax
African-American HIV/AIDS
organization.

Porsbridge Hospice

4598 Barclay RD
Dunwoody, GA 30338
(770) 936-9546

Project Azuka

P.O. Box 9173
Savannah, GA 31402
(912) 233-6733
An HIV/AIDS service & outreach
organization for women.

Project Open Hand

1080-R Euclid Ave. NE
Atlanta, GA 30307
(404) 525-4620
Home delivered Meals for people
with HIV/AIDS related illness.

Rossi Medical Group

699 Piedmont Avenue, NE
Atlanta, GA
(404) 892-6465

SisterLove

713 Cascade SW
Atlanta, GA 30310
(404) 753-7733
(404) 7531500 Fax
HIV/AIDS Educational services
and housing for women of
color with AIDS.

Southside Healthcare, Inc.

1646 Lakewood Ave. SW
Atlanta, GA 30315
Contact: Ms. Colleens
(404) 688-1350

Young African-American Men's Study,
YAMS Project

Georgia State University Plaza Dept. of Psychology

Atlanta, GA 30303-3083
(404) 651-1375
(404) 651-0580 Fax

BALTIMORE

S.T.A.R. (Sisters Together and Reaching)

1429 McCulloh Street
Baltimore, Maryland 21217
(410) 383-1903
(410) 383-7856 Fax

Local Listings

Imani Clinic Support Group

3100 Towanda Avenue
Baltimore, Maryland 21215
(410) 383-4030
(410) 383-4498 Fax

BEEP(Black Educational Aids Project, Inc.)

101 W. Read Street, Suite 422
Baltimore, Maryland 21201
(410) 234-1448
(410) 234-8179 Fax

BOSTON

AIDS Care Project

140 Clarendon Street, 6th Floor
Boston, MA 02116
(617) 859-3036

Bayard Rustin Committee

AIDS Action Committee

131 Clarendon St.
Boston, MA 02116
(617) 437-6200
(617) 437-6445 Fax
HIV/AIDS education, support, fund-
raisers benefiting people
of African descent.

Boston Living Center

29 Stanhope St.
Boston, MA 02116
(617) 236-1012

Brother to Brother

AIDS Action Committee
131 Clarendon St.
Boston, MA 02116
(617) 437-6200
(617) 437-6445 Fax
HIV/AIDS Education, support
Community Outreach Health
Information System

Boston University Medical Center

Boston, MA
efirst@bu.edu
www.bu.edu/cohis/
Promotes health and disease preven-
tion using the World-Wide-Web of the
Internet and to actively involves the
under-served communities around
Boston in accessing this information
by educating them
on how to use the Web.

Department of Public Health Office of Minority Health

250 Washington Street -10th Floor
Boston, MA 02108
(617) 624-5278
(617) 624-5046

Fenway Community Health Center

7 Haviland Street
Boston, MA 02115
(617) 267-0900

Girlfriends

Cambridge DFCS
929 Mass. Ave.
Cambridge, MA 02139
(617) 876-4210 ext.60
(617) 661-9743 Fax

Health Care For All

30 Winter Street, Ste.1010
Boston, MA 02108
(617) 350-7279
(617) 350-7545 Fax
TDD/TTY: (617) 350-0974
hcfa@hcfa.org

Works with those who are
most impacted by the health
care system.

Local Listings

Men of Color Against AIDS, MOCAA

95 Berkeley St., 3rd floor
Boston, MA 02116
(617) 423-6622
(617) 423-4278 Fax

Millennium Strategy for Men AIDS Action Committee

131 Clarendon St.
Boston, MA 02116
(617) 450-1362
AIDS service and educational organization

Multicultural AIDS Coalition

801 Tremont St. #
Boston, MA 02119-1065
(617) 442-1622
(617) 442-6622 Fax
multi@aol.com

Safety Net

MA Dept. of Public Health Area AIDS Service
250 Washington St.
Boston, MA 02108
(617) 624-5300
Safe-sex educational 'Tupperware parties' for moderately low-income women.

Sassie Fenway Community Health Center

100 Mass Ave. Ste. 401
Boston, MA 02115
(617) 927-6245

The Women's Center

46 Pleasant Street
Cambridge, MA 02139
(617) 354-8807

Women of Color AIDS Coalition, WCAC

409 Blue Hill Ave.
Dorchester, MA 02121
(617) 541-1050

Consumer driven organization run by women of color living with HIV/AIDS.

CHICAGO

African-American Women's Alliance

P.O. Box 198573
Chicago, IL 60619-857
(773) 731-0279

AIDS Cycle, Inc.

Twin Cities AIDS Ride
2835 N. Sheffield, #240
Chicago, IL 60657
(773) 880-8812

AIDS Pastoral Care Network

4753 N. Broadway
Chicago, IL 60640
(773) 334-5333
(773) 334-3293 Fax

Anti-Violence Project

(773) 871-CARE -24 hrs

Brothers Project

6540 S. Woodlawn Ave.
Chicago, IL 60637
(773) 667-8313

Behavioral Health Services

for Women, BEHIV

P.O. Box 5171
Evanston, IL 60204-5171
(847) 635-4600
(847) 635-6764 Fax
Residence for women with HIV/AIDS

CareMed Chicago

322 S. Green Street
Chicago, IL 60607
(312) 738-8622
(312) 738-3201 Fax

Local Listings

Chicago Women's AIDS Project

5249 N. Kenmore
Chicago, IL. 60640
(312) 271-2070
(312) 271-2618 Fax

Chicago Adolescent HIV Network, CAHN

1900 W. Polk - Rm 701
Chicago, IL 60612
(312) 633-7438
(312) 572-3813 Fax

Chicago Black Lesbians & Gays, CBLG

P.O. Box 14811
Chicago, IL 60614-1181
(312) 409-4917
<http://members.aol.com/CBLGUCIV/cblguc1.html>
Advocacy & support for BLGT communities

Chicago Dept. of Public Health

Clinics in 6 Locations

(312) 747-AIDS
Anonymous HIV testing and confidential referrals
Chicago Department of Public Health

Chicago Department on Aging

333 S. State St., Room 200
Chicago, Illinois 60604-3972
(312) 747-9884
(312) 747-9739 Fax
(312) 744-2960 TTY
PublicHealth@ci.chi.il.us
www.ci.chi.il.us/WorksMart/Aging/

Chicago HIV Risk Reduction Partnership for Youth

1900 W. Polk
Chicago, IL 60612
(312) 572-4955
(312) 572-3813 Fax
Outreach to youth for prevention, education, HIV testing and free medical treatment.

Chicago Outreach Action Project, COAP

P.O. Box 477864
Chicago, IL 60647-7864
(773) 395-3656
(773) 395-3660 Fax
Not-for-profit organization available for prevention education, treatment referrals and harm reduction presentations. Black Gay Outreach.

Chicago Women's AIDS Project

5249 N. Kenmore
Chicago, IL 60640
(312) 271-2070
(312) 271-2618 Fax

City of Chicago Department of Health (CDPH)

Chicago, Illinois
(312) 747-9884
PublicHealth@ci.chi.il.us
www.ci.chi.il.us/Health/
A wealth of information regarding physical and mental health services to minorities and children.

Family Service & Mental Health

120 S. Marion Street
Oak Park, IL 60302
(708) 383-7500
(708) 383-7780 Fax

Greater Chicago Committee

P.O. Box 146642
Chicago, IL 60614-6642
(312) 670-9660
(312) 661-9153 Healthline
(773) 674-0429 Prevention

Horizon's Community Services, Inc.

961 W. Montana Street
Chicago, IL 60614-2408
(773) 472-6469
(773) 472-6643 Fax

Local Listings

Howard Brown Health Center, AIM

4025 N. Sheridan Road
Chicago, IL 60613

(773) 388-8872
(773) 388-8887 Fax
www.howardbrown.org

Illinois Department of Public Health Center for Minority Health Services

100 West Randolph Road,
Ste. 6-600
Chicago, IL 60601
State Minority Health Contact:
Joann Chiakulas

312-814-5278
312-814-1538 Fax

Imani Umoja

Sinai Medical Center

5401 S. Wentworth
Chicago, IL 60613

(773) 907-8993
www.outwire.net/imani
A discussion group for
Men of color

Last House on the Block

(773) 373-0024
Gay & Lesbians in recovery

Lawndale Christian Health Center

3860 Ogden Avenue
Chicago, IL 60623

(773) 521-0322
(773) 521-2742 Fax

Lesbian Community Cancer Project

4753 N. Broadway Ste. 602
Chicago, IL 60640
(773) 561-4662
Lesbian Victim/Witness Coordinator
Contact: Vernita Gray
(773) 890-7212

Men of All Colors Together

P.O. Box 408922
Chicago, IL 60640-8922
(312) 409-6916

Michael Reese Hospital

HIV Care Program

2816 S. Ellis Ave.
Chicago, IL 60616

(312) 791-3455
(312) 791-4158 Fax

Midwest Men's Center of Chicago

3556 N Pine Grove Ave. # 1
Chicago, IL 60657
(312) 424-2654

Minority Outreach Intervention Project

1255 S. Wabash #2S
Chicago, IL 60605

(312) 986-0661
(312) 986-0928 Fax

Parents & Friends of Lesbians & Gays, P-FLAG

Southside-Black parents meet for dis-
cussion and support
(773) 488-7711

Roseland Community Hospital

HIV/AIDS Program

45 W. 111th St.
Chicago, IL

(773) 995-3469
Appointment required. Consultations,
treatment, dental care, support groups

Siani Family Health Center

5401 S. Wentworth Ave.
Chicago, IL 60609
(773) 288-6900
(773) 268-3020 Fax
African-American HIV/AIDS
outreach

Local Listings

STOP AIDS Brothers C.A.N. Community Awareness Network

GAMBA
1718 East 75th St.
Chicago, IL
(773) 752-7867
(773) 752-9695 Fax
Bro2Bro@juno.com

Men's discussion & outreach programs

Test Positive Aware Network
Brothers United in Support
1258 West Belmont Avenue
Chicago, IL 60657-3292
(773) 404-8726
(773) 404-1040 Fax

DETROIT

Affirmations Community Center

195 West Nine Mile Road,
Ste. 106
Ferndale, MI 48220
(248) 398-7105
info@aidspartnership.org
ffirmfcc@aol.com

AIDS Partnership Michigan

845 Livernois
Ferndale, MI 48220
(800) 872-AIDS

Michigan AIDS Hotline

(800) 750-TEEN(248) TeenLink
HIV/STD Hotline
(313) 541-1943 Fax
www.aidspartnership.org

Community Health Awareness Group

3028 E. Grand Blvd.
Detroit, MI 48202
(313) 872-2424
(313) 872-5546 Fax

Detroit Community AIDS Library

4325 Brush St., Detroit, MI 48201
(313) 577-6666
(313) 577-6668
ldraper@med.wayne.edu
www.libraries.wayne.edu/dcal/aids.html
Gateway to HIV/AIDS Information for
Detroit and Southeastern Michigan

Greater Detroit Area Health Council, Inc.

333 W. Fort Street, Ste.1500
Detroit, Michigan 48226-3156
(313) 963-4990
(313) 963-4668 Fax
info@gdahc.org
www.gdahc.org/

Health Emergency Lifelines Programs, HELP

1419 W. Warren
Detroit, MI 48208
(313) 832-3300
(313) 832-3393 Fax
(888) 435-5655
help3@flash.net
Provides emergency financial assistance, nutritional supplements, medical supplies and equipment, and medical transportation for HIV positive people.

Men of Color Motivational Group

1150 Griswold Ste. 2900-A
Detroit, MI 48226
(313) 964-4601
(313) 965-0123 Fax

Michigan Department of Community Health

Office of Minority Health
3423 North MLK, Jr., Blvd.
Box 30195
Lansing, MI 48909
(517)-335-9287
(517)-335-9476 Fax

Local Listings

Midwest AIDS Prevention Project

429 Livernois, Ferndale, MI 48220
(248) 545-1435
mapp@wwnet.net
www.wwnet.net/~mapp

Project Survival

1150 Griswold
Detroit, MI 48226
(313) 961-2027
(313) 961-0780 Fax

Summit Medical Center

15801 W. McNichols Road
Detroit, MI 48235
(800) 482-4162
<http://gynpages.com>

HOUSTON

African-American Lesbian Gay Alliance

Contact: Ronald Boyd
mensahel@sprynet.com

Political advocacy, HIV/AIDS support groups

AIDS Alliance of the Bay Area

218 West Coombs
Alvin, TX 77511
(281) 388-2339
(281) 331-2952 Fax
African-American HIV/AIDS
services for residents of
Galveston, Brazoria & Matagorda
Counties, Texas

Body Positive Houston

(713) 524-2374
www.bodypositivehouston.org

Harris County Health Department

Houston, Texas
(713) 439-6095
www.state.tx.us/Health/

Houston Area Women's Network

3101 Richmond, Ste. 150
Houston, TX 77098-3013
(713) 535-6363

Houston Dept. of Health & Human Services

HIV Prevention

8000 N. Stadium Dr.
Houston, TX 77054
(713) 794-9020 HIV Infoline

Memorial Hermann Wellness Center

Memorial Hermann Southwest Hospital

7737 SW Freeway Lobby
Houston, Tx.
(713) 448-8000
wellnesscenter@mhhs.org
www.mhhs.org/

A community wellness center sponsored by the Memorial Hermann Southwest Hospital serving Houston.

Montrose Clinic

215 Westheimer
Houston, TX 77006
Tina Megdal, Director of Education
(713) 830-3075
(713) 830-3079 Fax
www.montrose-clinic.org/
Provides medical treatment, research and social services for persons primarily affected by sexually transmitted diseases and/or HIV/AIDS.

Montrose Counseling Center

701 Richmond Avenue
Houston, TX 77006
(713) 529-0037
A nonprofit, community-based organization providing culturally affirming, quality and affordable

Local Listings

outpatient mental health, substance abuse treatment.

Names Project Houston

2410 Woodhead
Houston, TX 77266-6595
(713) 52-NAMES
(713) 526-1859 Fax

People With AIDS Coalition of Houston

3400 Montrose, Ste. 106
Houston, TX 77006
(713) 522-5428
(713) 522-2674 Fax

Research Initiative/Treatment Action, RITA

1806 Missouri Street
Houston, TX 77006-2424
(713) 523-1519
(713) 523-1045 Fax

Thomas Street Clinic

The HIV Project Office
Harris County Hospital District
Houston, Texas
(713) 746-6512
www.neosoft.com/~hailhchd/
The Thomas Street Clinic is the only freestanding HIV outpatient clinic in the state of Texas. It provides a wide variety of medical and social support services for persons living with HIV/AIDS in Harris County, Texas.

WAM Foundation, Inc.

12401-1/2 S. Post Oak, Ste. 121
Houston, 77045
(713) 721-2310
For culturally sensitive and language specific educational information on HIV/AIDS and quality social services targeting the African-American community

LOS ANGELES

AIDS Prevention Team, APT

1219 LaBrea Avenue
Los Angeles, CA 90019
(213) 964-7820
(213) 964-7830 Fax

AIDS Project Los Angeles, APLA

1313 N. Vine Street
Los Angeles, CA 90028
(213) 993-1600
(213) 933-1598 Fax
(800) 367-AIDS
www.apla.org

Alcoholics & Cocaine Anonymous Jewel's Catch One

4067 W. Pico Blvd.
Los Angeles, CA 90019
(213) 734-8849

AMASSI Center

105 South Locust Street
Inglewood, CA 90301
(310) 419-1969
(310) 419-1960 Fax
amassictr@aol.com
www.amassi.com
African-American HIV/AIDS, Support Services and Survival Institute.

BLACK C.A.R.E.

Community AIDS Research and Education Project

405 Hillgard Ave. 185
Franz Hall Box 951563
Los Angeles, CA 90095
(310) 206-5159

Cancervive, Inc.

6500 Wilshire Blvd., Ste. 500
Los Angeles, CA 90048
(310) 655-3758

Local Listings

California State Department of Health Services

601 North 7th Street, MS-675
P.O. Box 942732
Sacramento, CA 94234-7320
(916) 322-1519
(916) 324-7763
<http://phps.dhs.co.la.ca.us/>
The Los Angeles Public Health Org.
provides a range of health
information including low-cost insur-
ance for children, community events,
nutrition programs
and services.

Gay and Lesbian Association of Retiring Persons (GLARP)

10940 Wilshire Blvd., Ste. 1600
Los Angeles, CA 90024
(310) 966-1500
(310) 427-0707 Fax
www.gaylesbianretiring.org
glarp@earthlink.net

Gay and Lesbian Medical Association

459 Fulton Street, Ste. 107
San Francisco, CA 94102
(415) 255-4547
(415) 255-4784-Fax
www.glma.org
gaylesmed@aol.com

Los Angeles County - Department of Health Services

Public Health Programs & Services

313 N. Figueroa St.
Los Angeles, CA 90012
Email: phps@dhs.co.la.ca.us

Los Angeles Gay & Lesbian Community Center

1625 N. Schrader Blvd.
Los Angeles, CA 90028-9998
(213) 993-7600

(213) 993-7699 Fax
GAYLESBLA@aol.com
www.gay-lesbian-center.org

Minority AIDS Project, MAP

Positive Connection

5149 W. Jefferson Blvd.
Los Angeles, CA 90016
(213) 936-4949
(213) 936-4973 Fax

Project WARN

5601 W. Slauson Ave. #200
Culver City, CA 90230
(213) 641-7795

NEW YORK CITY

AIDS in Prison Project
135 East 15th Street
New York, NY 10003
(212) 645-6633

Bailey House, Inc.

275 Seventh Avenue -12th Floor
New York, NY 10001
(212) 633-2500
(212) 633-2932 Fax
www.baileyhouse.org
Provides emergency housing for
people with AIDS (PWAs)

Black and Latino AIDS Coalition

60 West 130th St.
New York, NY 10037
(212) 426-6555
(212) 426-6548 Fax

Body Positive, Inc.

19 Fulton Street, Ste. 308B
New York, NY 10038
(212) 566-7333
(212) 566-4539-Fax
(800) 566-6599
www.thebody.com/bp/

Local Listings

Bronx AIDS Services

1 Fordham Plaza #903

Bronx, NY 10458

(718) 295-5605

(718) 733-3429 Fax

Brooklyn AIDS Task Force/

Health and Resource Center

502 Bergen St.

Brooklyn, NY 11217

(718) 622-2910

(718) 622-2965 Fax

Brooklyn AIDS Task Force/

Health and Resource Center

1465 Dean St.

Brooklyn, NY 11217

(718) 783-0883

(718) 783-0244 Fax

Brooklyn AIDS Task Force/

The Williamsburg Health and Resource Center

197 Havemeyer St.

Brooklyn, NY 11211

(718) 388-2900

(718) 388-8958 Fax

Brooklyn AIDS Task Force/

Bedford/Stuyvesant Health and Resource Center

1870 Fulton St.

Brooklyn, NY 11233

(718) 771-4997

(718) 771-4374 Fax

Callen-Lorde Community Health Project

356 West 18th Street

New York, NY 10011

(212) 271-7200

(212) 271-8111 Fax

www.chp-health.org

Caribbean Women's Health Association

244 Utica Ave.

Brooklyn, NY 11213

(718) 826-2942

City of New York - Department of Health

125 Worth Street

New York, NY 10013

(212) 613-4310

www.ci.nyc.ny.us/html/doh/

Site contains a wealth of health information for children, adults, and the elderly.

Gay Men of African Descent, GMAD

248 West 14 St. 2nd FL

New York, NY 10011

(212) 414-9344

(212) 414-9351 Fax

Gay Men's Health Crisis, GMHC

119 West 20th Street

New York, NY 10011

(212) 807-6655 Hotline

www.gmhc.org

Multi-services for PWAs

including LAP (Lesbian AIDS Project)

Haitian Coalition on AIDS

50 Court St. Ste. 605

Brooklyn, NY 11201

(718) 855-7275

Harlem United Community AIDS Center

306 Lenox Ave. 3rd fl

New York, NY 10027

(212) 803-2871

(212) 803-2899 Fax

Local Listings

Institute for Urban Family Health.

16 East 16 Street
New York, New York 10003
(212)633-0800
<http://www.institute2000.org/index.htm>
The Institute, founded in 1984,
is a nonprofit corporation in New York
City serving communities of high medical
need through the development of
primary health
care services and health
professional education.

Lambda Legal Defense & Education Fund, Inc., LLDEF

120 Wall Street-Suite 1500
New York, NY 10005-3904
(212) 809-8585
(212) 809-0055 Fax
www.thebody.com/lambda

Lesbian & Gay Anti-Violence Project

647 Hudson Street
New York, NY 10014
(212) 807-6761

Lesbian and Gay Community Services Center

1 Little 12th St.
New York, NY 10014
(212) 620-7310
(212) 924-2657 Fax
lgscnyc@aol.com
www.gaycenter.org

Life Force: Women Fighting AIDS

175 Remsen St. Suite 1100
Brooklyn, NY 11201
(718) 797-0937
(718) 797-4011 Fax

Medical and Health Research Association of New York City, Inc.

40 Worth Street, Ste. 720,
New York, New York 10013
(212) 285-0220

(212) 385-0565 Fax
comments@mhra.org
www.mhra.org/index.htm
MHRA is a New York-based nonprofit
organization specifically which specifically
focuses on the health needs of
traditionally underserved populations
and children.

Men of Color AIDS Prevention

NYC Dept. of Health

125 Worth St. Ste. 1100
P.O.Box 67
New York, NY 10013
(212) 788-4310
(212) 788-9661 Fax

Minority Task Force on AIDS

475 Riverside Dr. Ste. 1374
New York, NY 10115
(212) 870-2691
(212) 870-2607 Fax

Minority Women's Breast Cancer Network

P.O. Box 6444
Albany, NY 12206
(518) 385-2540

National Lesbian and Gay Nurses Association/Lavender Lamps

208 W 13 Street
New York, NY 10011-7799
(718) 933-1158
Newsletter: Lavender Lamps

National Recovery Institute

Outpatient Program

337-339 West 51 St. (bet. 8th & 9th)
New York, NY 10019
(212) 957-0776

Local Listings

New York State Department of Health

Office of Minority Health
Corning Tower Building
Room 1142-Empire State Plaza
New York, NY 12237-0092
(518) 474-2180
(518) 474-8880
www.state.ny.us/state_acc.html

People of Color in Crisis

462 Bergen St.
Brooklyn, NY 11217
(718) 230-0770
(718) 230-7582 Fax

People With AIDS Coalition of NY, PWAC/NY

50 West 17th Street, 8th Floor
New York, NY 10011
1-800-828-3280
(212) 647-1419 Fax
www.PWACNY.org

Young Adults Against Drugs Alcohol, YAADA

2390 Grand Concourse
Bronx, NY 10458
(718) 364-9529

NEW JERSEY

HYACINTH AIDS Foundation

78 New Street
New Brunswick, NJ 08901
(800) 433-0254

Newark Community Health Centers, Inc.

741 Broadway
Newark, NJ 07104
(973) 483-1300

The Pride Center of New Jersey, Inc.

211 Livingston Ave.
New Brunswick, NJ 08901
(732) 846-2232
www.pridecenter.org

PrideCenter@plts.org

PHILADELPHIA

AIDS Activity

1109 Market St.
Philadelphia, PA 19107
(215) 685-5600
Information clearinghouse for
Philadelphia area services

Blacks Educating Blacks about Sexual Health Issues, BEBASHI

1233 Locust St. Ste. 401
Philadelphia, PA 19107-5414
(215) 546-4140

Center for Lesbian & Gay Law & Public Policy

254 S. 11th St.
Philadelphia, PA 19147
(215) 592-1444
(215) 592-1782 Fax
clglpp@aol.com

Colours Organization

1201 Chestnut St. 5th fl
Philadelphia, PA 19107
(215) 496-0330
(215) 496-0354 Fax
African-American HIV/AIDS educa-
tion and service

Critical Path AIDS Project

2062 Lombard Street
Philadelphia, PA 19146
(215) 545-2212 - 24 hr. Hotline/Fax
Kiyoshi@critpath.org
www.critpath.org

Elizabeth Blackwell Health Center for Women

1124 Walnut Street
Philadelphia, PA 19107
(215) 923-7577

Local Listings

Gay & Lesbian Latino AIDS Education Initiative, GALAEI Project

119 N. Broad Street
Philadelphia, PA 19107

(215) 977-7556

Extensive outreach to the African-American lesbian & gay community.

Living Positive Treatment Center

2922 E Street
Philadelphia, PA 19134

(215) 739-5920

(215) 739-5921 Fax

Services for those living with HIV, cancer and drug addiction.

Minority AIDS Project of

Philadelphia & Vicinity

1207 Chestnut Street, 3rd Floor
Philadelphia, PA 19107

(215) 851-1836

Northeast Women's Center

2751 Comly Road
Philadelphia, PA 19154

(800) 877-6336

OncoLink University of Pennsylvania Cancer Center

3400 Spruce Street - 2 Donner
Philadelphia, PA 19104-4283

(215) 349-5445

<http://cancer.med.upenn.edu/>

Helps cancer patients, families, health care professionals and the general public get accurate cancer-related information at no charge.

Pennsylvania Department of Health

P.O. Box 90
Harrisburg, PA 17108

(717) 787-6214

(717) 783-5498 Fax

Philadelphia AIDS Consortium

260 S. Broad Street, Ste. 640
Philadelphia, PA 19102

(215) 985-6200

(215) 985-6212 Fax

Philadelphia Black Women's Health Project

1415 N. Broad Street, Room 227D
Philadelphia, PA 19122

(215) 232-1115

We The People Living with AIDS in the Delaware Valley, Inc.

425 S. Broad Street
Philadelphia, PA 191147-1126

(215) 545-6868

(215) 545-8437 Fax

Unity, Inc. (Case Management to HIV/AIDS African Americans)

1207 Chester Street, Suite 209
Philadelphia, PA 19107

(215) 851-1912

Women with Immune System Disorder, WISDOM

5820 Germantown Ave.
Philadelphia, PA

(215) 991-6550

SAN FRANCISCO/BAY AREA

Oakland African-American Men's Health Project

74 New Montgomery St. Ste. 600
San Francisco, CA 94105

(415) 597-9137

Alcoholics Anonymous

for Black Gays and Lesbians

1268 Sanchez St.
San Francisco, CA 94114

(415) 995-2581

Local Listings

American Society on Aging

833 Market St. Ste. 511
San Francisco, CA 94103-1824
(415) 974-9600
(415) 974-0300

Ark of Refuge, Inc.

1025 Howard St.
San Francisco, CA 94103
(415) 861-6130

Brothers Network

973 Market St. Ste. 650
San Francisco, CA 94103
(415) 356-8140
(415) 356-8156 Fax

Community Center Project of San Francisco, Inc.

1800-1810 Market Street
San Francisco, CA 94114
(415) 241-1526

Lesbian & Gay Aging Issues Network, LGAIN

American Society on Aging
833 Market St. Ste. 511
San Francisco, CA 94103-1824
(415) 974-9600
(415) 974-0300

Lesbian Health Fund

459 Fulton Street, Ste. 107
San Francisco, CA 94102
(415) 255-4547 X314
(415) 255-4784 Fax
gflannery@glma.org
A medical research fund that
recognizes the unique health care
needs of lesbians.

Lyon-Martin Women's Health Services

1748 Market Street #201
San Francisco, CA 94102
(415) 565-7667

People of Color Issues Committee

American Association of Physicians for Human Rights

459 Fulton St. Ste. 107
San Francisco, CA 94114
(415) 255-4547
(415) 4784 Fax
gaylesmed@aol.com

Rafiki Services Project

1042 Divisadero St.
San Francisco, CA 94115-4409
(415) 346-5860
(415) 346-6037 Fax
sfbcoa@earthlink.net

S.F. Black Coalition of AIDS, Inc.

1042 Divisadero St.
San Francisco, CA 94115
(415) 346-2364

Tenderloin AIDS Resource Center

187 Golden Gate Avenue
San Francisco, CA 94102
(415) 431-7476

Third World AIDS Advisory Task Force

10 Nations Plaza
San Francisco, CA 94102
(415) 487-8000

AIDS Project of the East Bay

651 20th Street
Oakland, CA 93612
(510) 834-8181

AMASSI

222 14th St.
Oakland, CA 94612-3303
(510) 588-5900
African American AIDS, Support
Services and Survival Institute

Local Listings

California State Department of Health Services

601 North 7th Street, MS-675
P.O. Box 942732
Sacramento, CA 94234-7320
State Minority Health Contact:
Calvin Freeman Phone:
Phone: 916-322-1519
Fax: 916-324-7763

Summit Medical Center

350 Hawthorne Avenue
Oakland, CA 94609
(510) 655-4000
info@summit.com
www.summitmed.com

WASHINGTON, DC

Baltimore

AIDS Action

1875 Connecticut Ave. NW #700
Washington DC 20009
(800) 734-9583
(202) 986-1345

Breast Cancer Resource Committee

2005 Belmont St. NW
Washington, DC 20009
(202) 463-8040
(202) 463-8015 Fax
Assists Black women nationwide living with breast cancer with treatment, prevention and awareness. Support groups, Rise Sister Rise, and Men in Action.

District of Columbia Health Commission

800 9th Street, SW, 3rd Floor
Washington, DC 20024
(202) 645-5556
(202) 645-0526

Intergroup Minority Project:

AIDS Consortium and Trust, IMPACT
300 'I' St. NE #301
Washington, DC 20002
(202) 546-7228

Mautner Project for Lesbians with Cancer

1707 L Street NW # 2060
Washington, DC 20036
(202) 332-5536

Max Robinson Center of the

Whitman-Walker Clinic, WWC-MRC
2301 Martin Luther King, Jr. Avenue,
S.E., Washington, DC 20020
(202) 678-8877

National Medical Association

1012 10th St. NW
Washington, DC 20001
(202) 347-1895
National Medical Association is the national organization of African American Physicians.

National Caucus and Center on Black Aged

1424 K Street, NW, Ste. 500
Washington, DC 20005
(202) 637-8400
www.ncba-blackaged.org/

Office of Minority and Women's Health

Bureau of Primary Health Care
Health Resources and Services Administration
4350 East-West Highway,
3rd Floor, Bethesda, MD 20814
(301) 594-4490
(301) 594-0089 (FAX)
www.bphc.hrsa.dhhs.gov/omwh/omwh_20.htm

Local Listings

Us Helping Us: People into Living

819 "L" St. SE

Washington, DC 20003-3650

(202) 842-1337

(202) 547-1258 Fax

Dedicated to reducing HIV/AIDS in the community by specializing in services for gay and bisexual men.

Whitman Walker Clinic Black Lesbian Support Group, BLSG

1407 'S' St. NW

Washington DC 20009

(202) 797-3593

(202) 797-3504 Fax

Whitman Walker Clinic

Elizabeth Taylor Medical Center, ETMC

1407 S Street, NW

Washington, DC 20009

(202) 797-3500

Whitman-Walker Clinic, Main Facility

1407 S Street NW

Washington, DC 20009

(202) 797-3500

(202) 797-4449 Fax

www.wwc.org

Whitman-Walker Clinic-Northern VA,

WWC-NOVA

5232 Lee Highway

Arlington, VA 22207

(703) 237-4900

(703) 237-5757 Fax

Whitman-Walker Clinic of Suburban Maryland, WWC/MD

7676 New Hampshire Avenue,

Ste. 411, Hyattsville, MD 20783

(301) 439-0731

(301) 439-0733 Fax

Baltimore AIDS Action

2105 N. Charles St.

Baltimore, MD 21218

(410) 837-2437

Black Educational AIDS Project, BEAP

101 W. Read St. Ste. 820

Baltimore, MD 21201

(410) 685-1180

Men of Color Against AIDS, MOCAA AIDS Action

2105 N. Charles St.

Baltimore, MD 21218

(410) 837-2437

Sisters Together and Reaching, STAR

1429 McCulloh St.

Baltimore, MD 21217

(410) 383-1903

HOTLINES

AIDS Clinical Trials Information Service

(800) TRIALS-A (874-2572)

AIDS Publications/Reference services CDC National Clearing house

(800)-458-5231

Alzheimer's Association

(800)-272-3900

Allergy and Asthma Network/ Mothers of Asthmatics (AAN/MA)

(800)-878-4403

American Cancer Society (ACS)

(800) ACS-2345

American Diabetes Association (ADA)

(800) DIABETES

American Heart Association

(800)-242-8721

Hotlines

American Foundation for the Blind
(800)-232-5463

Center for Substance Abuse Treatment
(800) 662-HELP

Center for Disease Control and Prevention (CDC) National AIDS Hotline
(800) 342-AIDS

Center for Disease Control and Prevention (CDC) National STD Hotline
(800)-227-8922

Center for Disease Control and Prevention (CDC) National AIDS Hotline (Spanish)
(800)-344-7432

Free/Low cost prescriptions
(800)-482-8827

Glaucoma Hotline
(800) 391-EYES (3937)

Hepatitis B Foundation
(800)-891-8786

HIV/AIDS Treatment Information Service
(800) HIV-0440 (448-0440)

Kaiser Family Foundation
publication request line
(800)-656-4533

Lupus Foundation of America
(800) 558-0121

Narcotics Anonymous
(818) 773-9999

National AIDS Clearinghouse
(800)458-5231

National Clearinghouse on Family Support and Children's Mental Health
(800) 628-1696

National Domestic Violence Hotline
(800) 799-SAFE •

(800) 787-3224 TTY

National Gay & Lesbian Hotline
(888) 843-4564

National Health Information Center (NHIC)
(800) 336-4797

National Heart, Lung and Blood Institute's High Blood Pressure Line
(800) 575-WELL

National Institute on Deafness and Other Communication
(800) 241-1044 or (800) 241-1055 (TDD).

National Mental Health Association
(800) 969-NMHA

National Pediatric HIV Resource Center
(800) 362-0071

National Women's Health Information Center
(800) 994-WOMAN (9662)

Organ Donor Hotline
(800) 243-6667

Planned Parenthood Federation of America
(800) 230-7526

Sickle Cell Disease Association of America
(800) 421-8453

WEBSITES

AIDS Clinical Trials Information Service

www.actis.org

Alcoholics Anonymous

www.aa.org

Alzheimer's Association

www.alz.org

Allergy and Asthma Network/Mothers of Asthmatics (AAN/MA)

www.podi.com/health/aanma

American Cancer Society (ACS)

www.cancer.org

American Diabetes Association (ADA)

www.diabetes.org

The Black Health Net

www.blackhealthnet.com

Breast Cancer Resource Committee

www.afamerica.com/bcrc

The Black Chicago Health Agenda

www.heartland-alliance.org/choaccess.htm

Free and Low Cost Prescriptions

www.Institute-DC.org

Health Care Support Links from the Philadelphia Inquirer Online

www.phillynews.com/inquirer/99/Aug/09/magazine/HCAL09.htm

Hepatitis C Foundation

www.hepcfoundation.org

HIV/AIDS Treatment Information

www.hivatis.org

The Houston AIDS Information Link (HAIL)

www.neosoft.com/~hail/

LA HealthCARE

www.lahealthcare.com

Mayo Clinic Health Oasis

www.mayohealth.org

Medical and Health Research Association of New York City, Inc.

www.mhra.org/index.htm

The Minority Health Network (MHNet)

www.omhrc.gov

Narcotics Anonymous

www.na.org

National Association of People with AIDS

www.napwa.org

National Center for HIV, STD, and TB Prevention

www.cdc.gov/nchstd/od

National Health Information Center, NHIC

<http://nhic-nt.health.org>

National Minority AIDS Council, NMAC

www.nmac.org

National Institutes of Health, NIH

www.nih.gov

National Women's Health Information Center

www.4woman.gov

NoirNet

www.netnoir.net

Pennsylvania Prevention Project

www.stophiv.com

STD Prevention

www.cdc.gov/nchstp/dstd/stdp.html

Books

UCLA Health Care

www.medctr.ucla.edu

Women's Health Resources from the New York Times

www.nytimes.com/specials/women/women/home/resources.html

Women's Health Interactive

www.womens-health.com

Women's Health Network

www.pitt.edu/HOME/GHNet/GHWomen.html

SUGGESTED READINGS

HEALTH & WELLNESS

Health & Healing for African-Americans: Straight Talk

and Tips from More than 150 Black Doctors on our Top Health Concerns.

Crute, Sheree, 1997

ISBN 087596365X

The African American Health Book : a Prescription for Improvement.

by Valerie Alcena, 1994

1994 ISBN 1559722142

Health Issues in the Black Community

by Ronald L. Braithwaite and Sandra E. Taylor, 1992

ISBN 1555424775

Good Health Health for African Americans

by Barbara Dixon and Josleen Wilson, 1994 ISBN 0517591707

WOMEN

Body & Soul: The Black Women's Guide to Physical Health and Emotional Well-being

edited by Linda Villarosa

Harper Perennial Library, 1994

ISBN 0060950854

The Black Women's Health Book: Speaking for Ourselves

edited by Evelyn C.White

Seal Press, 1994 ISBN 1878067400

Celebrating Life: African American Women Speak Out about Breast Cancer

Dunnavant, Sylvia. 1995

ISBN 0964321149

Woman to Woman: A Leading Gynecologist Tells You All You Need to Know About Your Body and Your Health.

Thornton, Dr. Yvette S, 1997.

ISSN 0012-9011

Our Bodies, Ourselves for the New Century: A Book by and for Women

by the Boston Women's Health Book Touchstone Books, 1998

ISBN 0684842319

MEN

The Black Man's Guide to Good Health

Reed, James W., M.D. & others. 1994

ISBN 0399521380.

The Gay Men's Wellness Guide: The National Lesbian and Gay Health Association's Complete Book of Physical, Emotional and Mental Health and Well-being by Robert E. Penn

Henry Holt & Company, Inc., 1998

ISBN 0805047719

Minority Health Resource Center Office Publications

<http://www.omhrc.gov>

A range of pamphlets and other resources regarding African American health issues. They can be obtained from the Office of Minority Health. Call the Resource Center at 1-800-444-6472

Information Services:

M. Callaghan Zunt, Branch Head,
Cleveland Public Library

Rita Knight-Grey, Library Assistant,
Case Western Reserve University Law Library

Editors:

Farrah and Associates, Inc.,
New York, NY

Steve Wakefield,
African American Men's AIDS
Activist, Chicago, IL

Design:

Nelson Associates Inc. New York , NY

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